



Forest Bathing Training Information

Who is the course for?

Those working with children or adults who wish to deliver Forest Bathing programmes. You must be 18 years old or over.

What is Forest Bathing?

Forest Bathing involves sensory, investigative activities and mindful walking in the forest. Sessions also include sitting on a mat to enjoy quiet relaxation. The aim is to immerse yourself in the forest and bathe in its atmosphere—no water required! The focus of Forest Bathing is relaxation, wellbeing and improved mental health. Forest bathing is beneficial for any age group, with children's sessions being more active.

What does the course involve?

- Outdoor training days, 10am-3pm, at Hamsterley Forest.
- Level 3 includes delivery of forest bathing sessions with your own group at your own local site.
- Level 2 and 3 involve completion of a portfolio of evidence and reflection—learners have 6 months from the end of the course to complete their portfolio. Level 1 involves completing a workbook during the course.
- Training will follow current Coronavirus guidelines.

What do the different levels involve?

Level 1— Forest Bathing Principles. Discover what Forest Bathing is and what it is like to experience Forest Bathing.

Level 2— Forest Bathing Assistant. Investigate Forest Bathing techniques and research in greater detail. Begin to deliver sessions safely in the forest.

Level 3— Forest Bathing Leader. Become a Forest Bathing Leader; planning and delivering sessions and evaluating learners' development. Learn how to safely light a fire and manage a group around a fire.

How do I book?

- Complete and return our booking form.
- We recommend that you also complete a 2 day forest school / paediatric first aid qualification. We can provide details of courses that are available.

What should I bring?

- Outdoor clothing including a waterproof coat, waterproof trousers and warm layers.
- Sturdy footwear or wellies. A towel for your feet if you would like to try barefoot walking or paddling in the stream.
- A packed lunch, snacks, water bottle and flask.
- A mat to sit on, a notepad and pen and a rucksack.