



From...

## The Global Leaders in Forest Therapy Guide Training Transforming Relationships between Humans and Nature.

LINK: <https://www.natureandforesttherapy.org/>

“**Forest Therapy** is a research-based framework for supporting healing and wellness through immersion in forests and other natural environments. Forest Therapy is inspired by the Japanese practice of Shinrin-Yoku, which translates to “forest bathing.” Studies have demonstrated a wide array of health benefits, especially in the cardiovascular and immune systems, and for stabilizing and improving mood and cognition. We build on those benefits and look beyond, to what happens when people remember that we are a part of nature, not separate from it, and are related to all other beings in fundamental ways.

“The Association of Nature and Forest Therapy Guides and Programs is the most experienced global leader in guide training, and promoting the development and practice of Forest Therapy. Our Forest Therapy Guide Training draws on the latest medical research, new developments in the field of nature connection, and ancient traditions of mindfulness and wellness promotion. Every guided walk is an act of power and beauty, cultivating deep connections with transformational impacts on people and nature. We are a mission-driven Limited Liability Company founded in 2012 as a response to global warming and other environmental catastrophes. Our mission: nurture heart-centered relationships between all peoples and the more-than-human world of nature. Our strategy: We train guides, teaching the pedagogy and methods of The Way of the Guide, and how to apply these in the context of Forest and Nature Therapy.

*The forest is the therapist. The guide opens the doors.*  
~Amos Clifford

### **Human communities, like forests, thrive on diversity.**

*The Association of Nature and Forest Therapy Guides and Programs is committed to creating and sustaining a welcoming, equitable, and inclusive environment for new guides, participants and contributors from all cultures and backgrounds. We strive to be a place of belonging for all people interested in cultivating healthy relationships within human communities and the natural world.*