The Practice of Forest Bathing

June 17, 2025
1:30-3:00pm MDT

A virtual introduction to the practise of forest bathing. This session includes a background information on forest bathing, a brief explanation of health benefits, an explanation of the practice, and a "mini virtual experience", and an invitation to share with others.

Learning Outcomes:
- An understanding of the practices of forest bathing
- Some "take away" offerings to expand your own wellness toolbox
- Resources for future learning & reference

Speakers:
Nicole Wood, Registered Professional Forester, Certified Guide with the Association of Nature and Forest Therapy Guides, 250 HR Yoga Teacher, 17 years working with indigenous communities
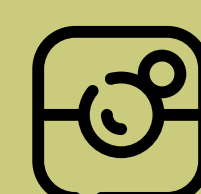
To join via internet browser

1. Please click the link below to join the webinar:
   https://fntn.zoom.us/join

2. Enter Meeting ID: 885 7955 4660
3. Passcode: 901971
4. Click the option " click here" (See image below)

5. Another option will show up on the bottom, please click " join from your browser" (See image below)
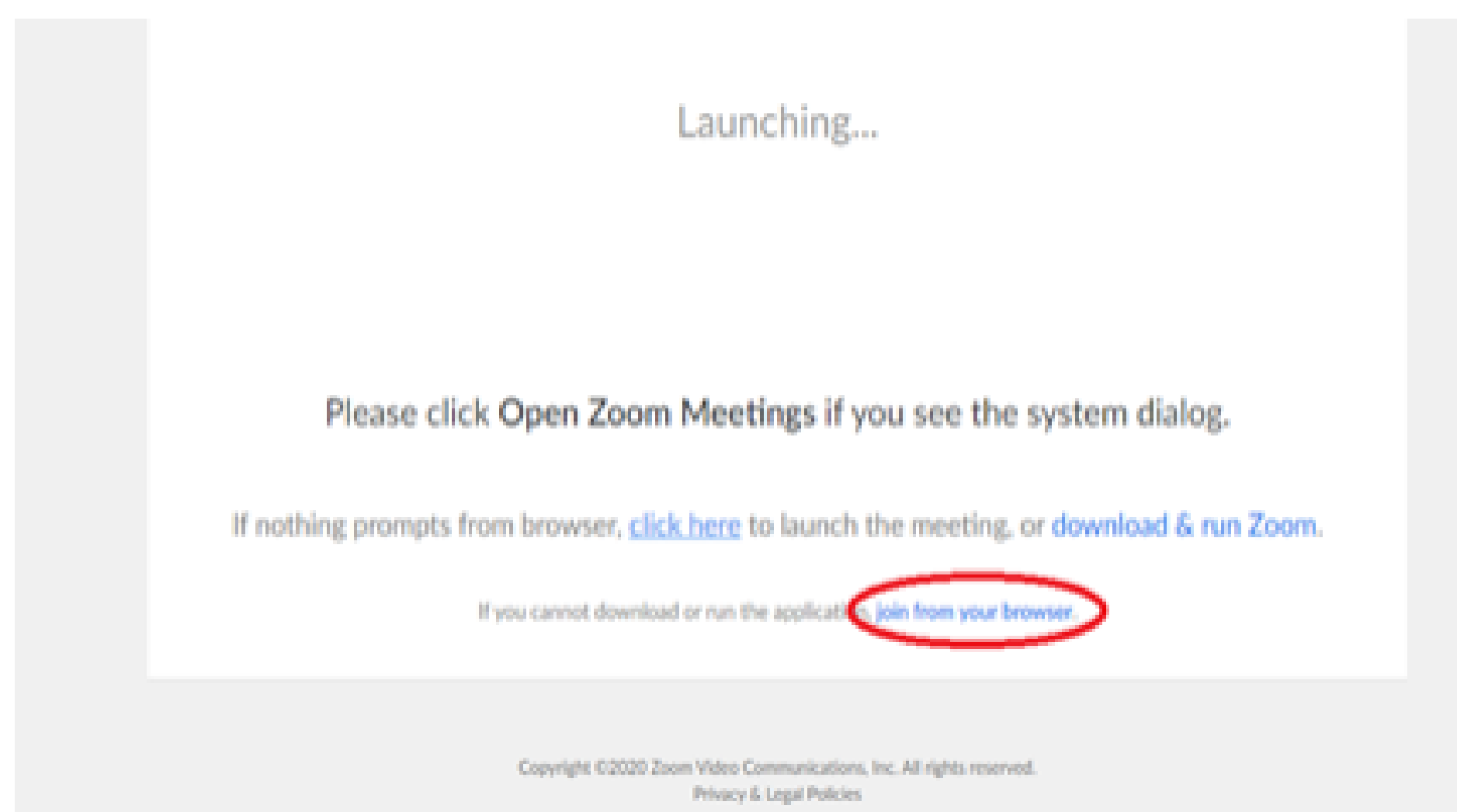
6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:
   https://fntn.zoom.us/join

2. Enter Meeting ID: 885 7955 4660
3. Passcode: 901971
4. Choose "download and run Zoom"
5. An executable file will be download, please run the file
6. After the file has been installed, you will be ask to enter your "email" and your "name"
7. You will now join the webinar, by default all attendees of the webinar are muted.