

# BOOK NOW!

Caerphilly  
Woodlands Trust  
is running Forest  
Bathing sessions in  
Coed y Werin.

To join one of our  
sessions contact  
us by email to  
reserve your place.  
£15 per session

Booking essential

Dates :

Mar 8 & 15

Apr 5 & 12

May 10 & 31

Times:

10 am - 12

£15 session

## ARE YOU READY

FOR A BETTER  
YOU

Forest bathing is the Japanese practice of relaxation; known in Japan as shinrin yoku. The simple method of being calm and quiet amongst the trees, immersing yourself in nature whilst breathing deeply, can help both adults and children de-stress and boost health and wellbeing in a natural way.

In the 1990s, researchers began studying the physiological benefits of forest bathing,

providing the science to support what we innately know that time spent immersed in nature is good for us.

## FOREST BATHING

Shinrin Yoku

at

COED Y WERIN

Join our qualified practitioners and  
invest in your own wellbeing

Sign up for a Saturday Morning session of  
one and a half to two hours to take away the  
strains and stresses of the week



Caerphilly Woodlands Trust



Coed y Werin

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# Forest bathing

Also referred to as Forest Therapy

Scientific studies support its positive effects on cardiovascular, immune, and mental health.

Forest Therapy engages the senses and cognitive abilities, helping participants to sleep better, feel fitter, and listen to their intuition.

Forest Therapy combines a scientific and holistic approach to wellness.



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**Apr 5th & 12th**

**May 10th & 31st**

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**£15 session**

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coedywerin



## The sciency bit

### *'Phytoncides'*

*Phytoncides are airborne chemicals released by plants to protect themselves from insects. When inhaled, they can have a number of positive effects on the body, including:*

*\* Improved immune function: Phytoncides increase the number and activity of natural killer (NK) cells, which help the body fight viruses and illness.*

*\* Reduced stress: Phytoncides can help reduce stress levels and improve mood.*

*\* Lowered blood pressure and heart rate: Phytoncides can help lower blood pressure and heart rate.*

*\* Reduced cortisol levels: Phytoncides can help reduce cortisol levels.*

*\* Improved well-being: Phytoncides can promote relaxation and well-being.*