SHINRIN-YOKU
FOREST BATHING
Also known as shinrin-yoku, forest bathing is making contact with nature and taking in the atmosphere of the forest.
BENEFITS OF FOREST BATHING

- improves cardiovascular function
- increases energy levels
- lowers the risk of heart disease
- aids sleep and strengthens immune system
- enhances emotional state
Stewsie Island:

On Lyman Lakes, Stewsie Island’s walking meditation circle is a great option for meditating immersed in nature.

Walking a meditation circle provides a focus for mediation.
While you're in the arb... Consider taking some pictures!

Upload it to Carleton's campus-wide picture gallery! go.carleton.edu/capture (or scan QR code below)


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**NATURE PHOTOGRAPHY**

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**SOURCES**