

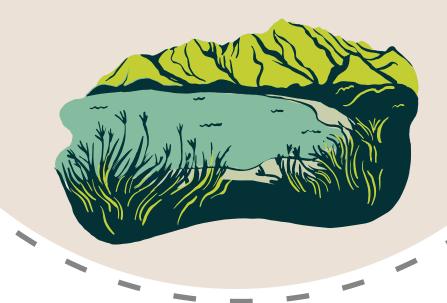
SHINRIN-YOKU FOREST BATHING







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



STEWSIE ISLAND



WALKING A
MEDITATION CIRCLE
PROVIDES A FOCUS
FOR MEDIATION

On Lyman Lakes,
Stewsie Island's
walking
meditation circle
is a great option
for meditating
immersed in
section



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)







SOURCES

Choukas-Bradley, Melanie, and Lieke van der Vorst. The Joy of Forest Bathing: Reconnect with Wild Places & Rejuvenate Your Life. Rock Point, 2018.

Dayawansa, S., Umeno, K., Takakura, H., Hori, E., Tabuchi, E., Nagashima, Y., ... Ono, T. (2003). Autonomic responses during inhalation of natural fragrance of "Cedrol" in humans. AUTONOMIC NEUROSCIENCE, (1-2), 79.

http://www.natureandforesttherapy.org/the-science.html

Brewster, L., & Cox, A. M. (2019). The daily digital practice as a form of self-care: Using photography for everyday well-being. Health, 23(6), 621-638. https://doi.org/10.1177/1363459318769465

LAYOUT





Also known as shinrin-yoku, forest bathing is making contact with nature and taking in the atmosphere of the forest



BENEFITS OF FOREST BATHING

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- · increases energy levels
- · lowers the risk of heart disease
- aids sleep and strengthens immune system
- · enhances emotional state



STEWSIE ISLAND



Stewsie Island's walking meditation circle is a great option for meditating immersed in the state of the stat

On Lyman Lakes,

NATURE PHOTOGRAPHY

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- 2. Dayawansa, S., Umeno, K., Takakura, H., Hori, E., Tabuchi, E., Nagashima, Y., ... Ono, T. (2003).
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