



# 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 MEDITATION



## NATURE PHOTOGRAPHY

While you're in the arb...  
Consider taking some pictures!

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



## SOURCES

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# LAYOUT

