



# Forest Therapy Team Offsite

Length: 1hr - Full Day.

Delivery modes: Team Off-site; Wellness Perk.

Details: This team offsite session offers a refreshing and meditative way to relieve stress, and connect with nature. Sessions can take place at nearby woodlands, or as a component of a corporate retreat.

Forest Therapy is commonly known by its original term - Shinrin-Yoku - a Japanese term that literally translates as Forest Bathing.

In simple terms, it is the act of being in the forest and taking in the atmosphere. A session is bespoke, and involves a number of activities that increase awareness, reduce stress, nurture gratitude, and enhance individual connection with nature and its benefits.

Forest Therapy is said to be beneficial on multiple levels.

- Reducing blood pressure
- Boosting the cognitive function
- Strengthening the immune system
- Reducing Stress and Improving moods
- Lowering blood sugar

The experience is guided by Certified Forest Therapy Guides, Health Coaches and Meditation Teachers.

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing service, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*