Forest Bath Pocket Card

Companion to "Forest Therapy, Sensory Immersion"

30 MINUTES

HOW TO USE THIS SHEET

1. Print this page, fold it, take it with you, and switch your phone off before you start.
2. Follow the five steps in order. The minutes are a guide, not a timer.
3. There is nothing to write. Nothing here requires performance.

01 Arrival, 3 minutes

Stand still at the edge of the space. Tell yourself: I am about to spend thirty minutes reducing my stress level. Nothing here requires performance.

02 Mechanical senses, 6 minutes

Close your eyes. Touch: temperature, air, the ground under you. Hearing: sounds near and far. Open your eyes and turn a slow full circle, seeing without naming.

03 Syntonisation, 6 minutes

Walk slowly, with no destination. When a spot feels comfortable, stop there.

04 Connection, 10 minutes

Lie down or sit back and look up: branches, light, the sky between the leaves. Stay the full ten minutes.

05 Incorporation, 2 to 3 minutes

Sit up slowly. Find one word for what you feel. Then take one deliberate step backward: that closes the practice.