



HEVER CASTLE
& GARDENS

How to Forest Bathe

1: The aim is to leave behind all technical distractions, so leave your phone in your pocket and be fully present in the woodland environment.

2: Allow yourself to walk freely without too much planning.

3: Take time to stop, smell the autumn aromas, take a closer look at the leaves, the fallen acorns and notice the feeling of the path beneath your feet.

4: Wait a while. Stop when the mood takes you and notice the wildlife around you - the lazy bees, the spiders spinning webs, the birds as they take flight across the lake.

5: Enjoy the silence, make an agreement with your companions to walk in silence for a while - plan where you will stop to share your experience: a natural rest point, a bench or the cafe.

6: Enjoy.