

# Forest bathing



## Forest bathing" in nature to find yourself

"Immerse yourself in the atmosphere of the forest": Together you will go on a slow and conscious walk in the castle forest, leave everyday life behind and focus on experiencing. Exercises in mindfulness, conscious breathing, perception and gentle movements allow you to experience and enjoy the forest with all your senses. In this way you relax and draw new strength to use your energy from the natural environment.

### Topic / Methaphor:

- Creativity
- Mindfulness
- Team

### Group Size:

- up to 10 pers.

### Duration:

two hours

### Season:

- Summer
- All-season
- Outdoor

### Price Per Person Up

€ 60,00