

Forest Therapy

Being immersed in nature not only feels good, but it has also proven health benefits. The “Forest Therapy” system helps people relieve their stress and lower their blood pressure through interactions with a natural setting. The benefits have been found to last for up to two months after a session.

Embracing the Forest with All Five Senses

Forest Therapy Guides and Forest Therapists guide their clients along a course known as a “Therapy Road.” As they go, they help clients focus all five of their senses on their surroundings: the feel of rough tree bark and warm stone, the fragrance of flowers and earth, the sounds of insects and rustling leaves, the sight of natural colors and shapes, and the taste of the air and even the plants that make up the forest itself. By emphasizing the experience of the senses over analytical observation, Forest Therapy aims to help clients rediscover the joy of unity with the natural world: to feel welcomed by the trees and even recognize their “faces.”

Forest Therapy in Yambaru: An Unforgettable Experience

Forest Therapy in Yambaru is as special and invigorating as the forest itself. Forest Therapy Guides and Forest Therapists offer sessions in Yambaru Manabi-no-Mori, Kunigami Forest Park, and elsewhere. From hiking trails to wheelchair-accessible paths, there is a Therapy Road to suit everyone. Many therapists augment their sessions with guided meditation, food and drink, yoga, and aromatherapy.

Forest Therapy is an excellent way to immerse yourself in the Yambaru forest and take part of it home with you in spirit.