

Forest Bathing



Sessions:

Forest Bathing @ Botanic Gardens

7 Oct, 4pm - 6pm; Board the bus at FP2 Pickup Point (In front of Kinesis)

11 Oct, 4pm - 6pm, board the bus at FP1 Pickup Point (Outside Starbucks)

Staff can also meet directly at Botanic Gardens.

Forest Bathing @ one-north Park

9 Oct, 4pm - 6pm, one-north Park

Forest Bathing with Prof Lisa Ng

7 Oct, 4pm - 6pm, one-north Park



Forest bathing, or 'Shinrin-yoku', involves immersing oneself in nature, engaging all senses for relaxation and mindfulness. It originated in Japan as a therapeutic practice with physical health and cognitive benefits, such as improving immune function by increasing the body's NK cells. A certified Forest Therapy Guide will guide you on a journey to slow down and appreciate the beauty and healing properties of nature.

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