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'*Mindfulness places for forest bathing in the UK*

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Transforming Relationships between Humans and Nature Forest Therapy is a
research based framework for supporting healing and wellness through immersion
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health and the natural world together' 'Dr Qing Li Shinrin Yoku The Art and Science of Forest

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'Nature therapy

April 24th, 2020 - Nature therapy sometimes referred to as ecotherapy describes a broad group of techniques or treatments with the intention of improving an individual s mental or physical health specifically with an individual s presence within nature or outdoor surroundings One example of a nature therapy is forest bathing or shinrin yoku a practice that bines a range of exercises and tasks in an'

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