BATHING IN THE WOODS

DISCOVER DECELERATION AND MINDFULNESS WITH THE HEALING POWER OF NATURE

LUKE EISENBERG

Bathing In The Woods: Discover Deceleration And Mindfulness With The Healing Power Of Nature

(Increase Health, Satisfaction And Well-Being Through The Healing Power Of Nature)

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In balance through the power of nature

Bathing in the woods: Healing from the forest

The secret life of the trees

The healing effect of forest air

This is how bathing in the woods becomes a pleasure

Power and Energy through Trees: Seeing

Power and Energy through Trees: Touching

Power and Energy through Trees: Smelling

Power and Energy through Trees: Tasting

Power and Energy through Trees: Hearing

Power and Energy through Trees: Forest Walks

Power and Energy through Trees: Breathing Exercises

<u>Power and Energy through Trees: Progressive Muscle Relaxation</u>

Power and Energy through Trees: Forest Training

A stay in the forest is always worthwhile