



I acknowledge that the practice of forest bathing will bring me into the natural world for the general purpose of enhancing my wellness, relaxation, and happiness.

To this end, the guide may invite me to explore various movements, including easeful walking, breath practices, as well as techniques that require mental focus and sensory engagement with the natural world.

I understand that while the guide may *offer* many invitations, these are not commands, and the way I choose to engage with the practice is ultimately my own decision.

Forest bathing is not a hike. When bathing in the forest, steps are soft, and the pace is easy. Although often on a path yet sometimes in the grass, there is no need to traverse any great physical distance to mindfully journey into the richness of the moment and the depth of your own experience.

Please remember to dress for the weather, in layers, and warmer than you think (the forest shade is cool, and we are not moving fast or far). Our session will proceed rain or shine, unless the weather conditions are extreme. Dress for the weather, especially footwear, and consider bringing water, snacks, and something to sit on if the earth is wet.

Please leave your phone and camera someplace where they will not distract you or your companions during this bath.

I agree to participate according to my own physical and psychological limitations on any given day, and to take full responsibility for my own safety and well-being.