

SAVE THE DATES | RESERVE YOUR SPACE

# Inaugural-Forest Therapy Study Tour to Japan and Korea

JUNE 18 – JULY 1, 2016

Sponsored by



Forest Therapy, featuring guided walks & activities in forests and nature for physical & psychological benefits, is an established practice in many countries, and is expanding in the US. In Japan and Korea forest therapy Centers have been established countrywide to promote health. Scientists there have documented a wide range of benefits from forest therapy such as: reduced stress; lowered blood pressure; enhanced immune function; elevated mood; and more.



## Goals of this Study Tour include:

- Two or more forest therapy program experiences in each country;
- Discussion and exchange of views with forest therapy scientists and practitioners in Japan & Korea;
- Travel in a mixed group, with a knowledgeable US Forest Therapy leader, & English speaking tour-guide;
- Travel by regular train [Japan] and motor-coach [Korea] through rural scenery; some cultural attractions to see near the Centers visited; overall an educational and enjoyable travel experience.

## Participants and tour features include:

- Forest Therapy Guides, trainees, clients, supporters, and others interested in nature's healing powers.
- Open to persons from varied disciplines including: Forestry; Medicine; Psychology, counseling and social work; education; outdoor recreation; personal coaches and trainers, human resource workers, and others.
- Orientation by pre-trip personal telephone interview, email correspondence, and reading/video list.
- Excessive activity not required in field; choose your pace. Load/unload your own travel luggage essential.

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# Forest Therapy Field Tour to Japan and Korea

## June 18 – July 1 2016

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**Cost:** best estimated as \$5490/person double occupancy USD for a group of 15. Does not include US to Asia & return airfare: fly on your own to meet group in Tokyo June 20, and return home on your own at tour's end July 1 [or continue personal travel], from Incheon/Seoul Int'l Airport, Korea. Tour includes In-country transportation, lodging, breakfasts, all but one dinner in each country, English speaking tour-guide, program fees, van/bus & drivers/taxi's where required. Express your Interest by completing the form below. Additional tour information will be provided by email [by telephone on request] to those expressing interest.

### Express Your Interest

Please complete and mail or email the form below, or complete it online at:

<http://www.natureandforesttherapy.org/japan-and-korea-tour-2016.html>

Name			Age
Email		Phone	
Organization/occupation			
Title/Position			
Address Street			
City	State/Province	Postal Code	Country
Why are you interested in this opportunity?			
Describe any health issues/concerns.			
Tell us a bit about your job, vocation and background.			

### Form Options

<p><b>Option 1:</b> Mail completed form to Association of Nature and Forest Therapy Guides and Programs 145 Mountain Meadow Road. Santa Rosa CA 95404</p>	<p><b>Option 2:</b> Photograph form with your phone and email to <a href="mailto:amos@natureandforesttherapy.org">amos@natureandforesttherapy.org</a></p>
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