

## WHAT IS NATURE THERAPY?

Nature therapy is inspired by the practice of Shinrin Yoku (or forest bathing) from Japan.

With a focus on slowing down and awakening the senses, our guided invitations help you relax and become present, making room for listening and reflection, for quiet and accepting presence, and for inquiry through all the senses, in a non-judgmental setting. Put simply, it is mindfulness in nature.

Each experience usually lasts 3 hours and walking slowly, no more than a kilometre.



*"If you want to de-stress, go on one of Lucy's walks."*

*"I would say it is something that needs to be experienced, rather than spoken about."*

*"This is a wonderful opportunity to connect with the forest and self: a practice to develop."*

## Your Certified Guide is

Lucy Van Sambeek

P: 0417 927 657

E: [lucy@metaphoricallyspeaking.com.au](mailto:lucy@metaphoricallyspeaking.com.au)

W: [www.metaphoricallyspeaking.com.au](http://www.metaphoricallyspeaking.com.au)



**...metaphorically speaking**

*Passages to healing through Nature, Art and Storytelling*



*Nature & Wellbeing*  
AUSTRALIA

[www.naturewellbeingaus.com](http://www.naturewellbeingaus.com)

# NATURE THERAPY FOR INDIVIDUALS AND GROUPS



NATURE. PEOPLE. CONNECTION. WELLBEING.



## WALKS

Nature Therapy Walks are held in various locations like nature reserves, state forests or on private properties in the Nambucca Valley and Coffs Coast region.

Public walks are a great way to meet new people (limited to 10). Private walks for individuals, groups of friends, couples or families can be tailor-made to suit your needs.

### WHAT TO BRING

Comfortable clothing suitable for predicted weather, closed in shoes, water bottle, mozzie and sun protection.

### COST

Public Walks - range from \$20 to \$50 pp (3 hours). Please contact us for Special Group Rates and Private Walks.

## HEALTH BENEFITS

Research has shown that mindful contact with nature has many physical, social and mental health benefits.

- lowers anxiety, depression, rumination
- reduces stress levels and fatigue, improving sleep and energy
- better immune function, quicken recovery from surgery, prevent stress-related illness
- reduces blood pressure, inflammation and headaches
- improves cognitive function such as memory and problem solving
- boosts happiness and self esteem
- increases attention, concentration and creativity
- connection with the land and other species, more meaningful relationships.

The natural chemicals secreted by evergreen trees, known as phytoncides, have also been associated with producing cancer-fighting natural killer (NK) cells in our body.

## ABOUT US

Nature and Wellbeing Australia is a team of people committed to wellbeing of people and planet. We use an evidence-based approach to experiences in and with nature. We are all Certified members of the Association of Nature and Forest Therapy Guides and Programs. Between us we have skills in environmental psychology, social work, occupational therapy, permaculture, consulting, research and more.

## ABOUT YOUR GUIDE

Lucy Van Sambeek is a Certified Guide trained by the Association of Nature and Forest Therapy and a member of Nature and Wellbeing Australia. Living in the Nambucca Valley, Lucy brings more than 10 years experience as a social worker in remote and urban Aboriginal communities in the Northern Territory. Her passion is bringing opportunities for healing to people through nature, art and storytelling.

