

In tune with nature

Stop and listen

The practice of Shinrin-yoku (forest bathing) is an ancient Japanese form of relaxation. Being quiet, pausing and observing nature is proven to be good for our wellbeing.

Stop, what can you hear? Feel the breeze on your skin, where does this take your mind?

Listening to natural sounds like birdsong, 'babbling' brooks or 'whispering' tree leaves lowers the stress hormone, cortisol. Stand beneath this Japanese maple (*Acer amoenum*), watch the dappled light, or feel the sun on your skin. Komorebi is the Japanese word for how sunlight glimpsed through leaves represents glimmers of hope.