



Bruggerhof

CAMPING - RESTAURANT - HOTEL

Title German	Waldbaden
Title English	Forest Bathing
Short Description	Forest bathing
Description	Immerse yourself in the atmosphere of lush forests. Forest bathing means to consciously linger in the forest in order to relax and strengthen your health. Exercises to strengthen the senses, perception and the immune system are carried out at selected locations in the forest. It is a way to improve your health and awareness. Body, mind and senses as well as the immune system are sustainably mobilized by the power of the trees and the terpenes present in the forest.
When	Fridays, 1.30 p.m. – 5 p.m. (duration approx. 3.5 hours)
Where	Bruggerhof car park at 1:15 p.m.
Tour	Easy Short distance hiking trails but also off the beaten track, a few meters in altitude
Destination	Organic farm Holzerhof
Equipment needed:	Mountain boots, seat pad, sun protection, camera, jacket, rain jacket, warm clothing.
Benefits	Learn more about forest bathing, scientific information on the forest habitat, animal tracks and bird sounds, feel trees, and practice trust, attention and relaxation.
Note	Only takes place in case of good weather
Attention	Beware of ticks
Costs	Price per person: € 15,-

