



**The
Nature
Hub**

Case study

Forest Bathing, West Cork, Ireland

We specialize in Forest Bathing, Forest Therapy, and Forest Schooling for kids and adults. In our forest bathing experiences, we foster a love of and protectiveness towards the natural world which is based on the Japanese practice of Shinrin-yoko. The gentle medicine of the forest slows you down and helps you to be fully present in your body and senses.

Around the world, people are turning to forest bathing as a way to unplug, relieve stress, and encourage creativity.

<https://www.instagram.com/thenaturehubireland>

<https://forestbathingwestcork.ie/>



Forest Bathing



**FOREST
SCHOOL**



**FOREST
THERAPY**



**GREEN
ECONOMY
FOUNDATION**

Member of Forest Therapy Institute



OUR VISION

Reconnect | Eco Wellness | Restore & Balance | Rest | Wander & Wonder | De-Stress

- **NATURE** | Slow down and immerse the senses in nature
- **RECONNECT** | Unplug and earth
- **GUIDE** | All tours have a professional, qualified practitioner guide
- **DISCOVER** | hidden gems along the Wild Atlantic Way
- **HEALTH BENEFITS** | Reduce stress, blood pressure, and inflammation | Increase immunity
- **REJUVENATION** | rest and reboot | increase energy | improve sleep
- **BREATHE** | Fresh forest air improves breathing and skin conditions
- **PEOPLE** | Share this wonderful experience with like-minded people

THE GREEN ECONOMY FOUNDATION

THE GREEN ECONOMY FOUNDATION is an environmental non-government organization based at The Manch Estate in Co. Cork, Ireland. We work to promote the development of a Green Economy – where sustainable and resource-efficient business models will outperform and ultimately replace those dependent on profit alone. Founded in 2002 as the 'Irish Natural Forestry Foundation', we work to advocate economically, socially and environmentally sustainable forestry in Ireland. Over the years our work has diversified into the areas of biodiversity, climate change, sustainable agriculture and resource efficiency. Now re-named the Green Economy Foundation our aim is to support the development of a Green Economy in Ireland and beyond.



<https://forestbathingwestcork.ie/>



ACORN SENSORY CONNECTIONS FOREST BATHING

Immerse yourself in the natural world of forest bathing. Restore the self through mindful contact with trees as you connect with the sights and sounds of nature. Breathe the fresh air; listen to the water rippling over the stones; take in the varied birdsong; touch the moss on the trees and fully engage with the light, forest scents, and atmosphere as you follow your certified guide through a series of sensory connection invitations to practice forest bathing.

FOREST NAVIGATOR WORKSHOP FOREST BATHING

Allowing yourself to take some time, just for you, to wander and wonder in the awe of the natural world of forest bathing. A certified forest bathing guide will take you on a series of gentle invitations of sensory connection where you will be invited to get back in touch with your senses in nature. Leave behind your phone, camera, or any other distractions, so that you can be fully present in the experience. This is the practice of forest bathing. Complete your West Cork immersion into nature with a 2-hour workshop on navigating your digital transformation be it your career, business, and work-life balance.

<https://forestbathingwestcork.ie/about/>

FOREST THERAPY PROGRAM



Forest Therapy incorporates the practice of Forest Bathing while targeting specific mental health and physical health difficulties.



Forest Therapy Practitioners work in partnership with the forest to enhance nature connection. Forest Therapy is grounded in the Forest Bathing practice of sensory connection, effortless attention, and immersing the senses in the forest atmosphere. In this way, Forest Therapy can act as an adjunct to standard treatment and rehabilitation for specific illnesses. (Forest Therapy Institute 2019)

6-week Forest Therapy Intervention for Depression (mild/moderate)

One day Forest Therapy workshop for Stress Management



If you are interested in more information about Forest Therapy programs for your organization contact kerry@thenaturehub.ie



- Increase physical activity
- Enhance social relationships
- Enhance the level of nature Connectedness
- Build resilience
- Improve emotional regulation
- Stress management skills
- Enhance self-awareness
- Improve mood
- Reduce anxiety
- Reduce blood pressure

<https://thenaturehub.ie/forest-therapy/>

FOREST SCHOOL



Forest School is a child-centered learning process, where children are offered the opportunity to spend time in natural settings that helps to support play, and supported risk-taking. It develops confidence and self-esteem through learner-inspired, hands-on experiences in a natural setting.



At the Nature Hub, we strive to create a safe and supportive space for children in the outdoors. A space where they have the opportunity to explore and play at their own pace, where they are offered the time and encouragement to learn with nature, and where they can connect with their peers in a fun environment.



Forest School is an opportunity for the same group of learners and leaders to spend a sustained period outdoors, once a week, in a wooded environment, ideally year-round. A regular routine is followed that is learner-led and facilitated by trained leaders. Learning is holistic and closely related to the developmental stage and regular curricular requirements. There must be a high ratio of leaders to learners, everyone must be suitably dressed and a risk/benefit approach to health and safety is followed by all. (Irish Forest School Association, 2017) <https://thenaturehub.ie/forest-school/>



FOREST SCHOOL PRINCIPLES



REGULAR SESSIONS

Forest school is a long-term process of regular sessions, rather than one-off or infrequent visits; the cycle of planning, observation, adaptation and review links each session.



WOODLAND SETTING

Forest school takes place in a woodland or natural environment to support the development of a relationship between the learner and the natural world.

COMMUNITY

Forest School uses a range of learner-centered processes to create a community for being, development, and learning.



HOLISTIC DEVELOPMENT

Forest School aims to promote the holistic development of all those involved, fostering resilient, confident, independent, and creative learners.

OPPORTUNITY TO TAKE RISKS

Forest school offers learners the opportunity to take supported risks appropriate to the environment and to themselves.



QUALIFIED PRACTITIONERS

Forest School is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.

These principles are based on the UK model of Forest School learning that is promoted by the Forest School

Association. www.forestschoollassociation.org

<https://thenaturehub.ie/forest-school/>

FOREST SCHOOL BENEFITS

- Co-operate as part of a team teaches child to be aware of others
- Problem solving
- Improves language and communication skills
- Enhances numeracy and literacy skills
- Hands-on learning
- Improves physical skills
- Connection with and understanding of nature
- Fosters confidence and independence
- Increased sense of place and belonging

<https://thenaturehub.ie/forest-school/>

OUTDOOR PARENT & TODDLER GROUP
Beaufort, Co. Kerry

6 WEEK GROUP STARTS
September 21st
10AM-11AM

Outdoor kitchen - nature songs - storytime - free play - nature crafts

the nature hub ireland www.thenaturehub.ie

Summer Nature Camp
August 14-16th
10am-2pm
Beaufort, Co. Kerry

nature art.hammocks.swings.fire skills.dens

more information: kerry@thenaturehub.ie
0877042098 www.thenaturehub.ie

The Nature Hub

The Nature Hub

FORAGING INK Workshop
with Ashleigh Ellis
at the Nature Hub
Gap of Dunloe

JULY 23RD 10-4PM

FB/IG thenaturehubireland

Forest School - FOR ADULTS!

a 4 week forest school group
-FOR ADULTS!
nature connection activities,
eco-art, fire, cooking and time
to just 'be' in nature

Tuesdays Nov 7th-Nov 28th
10:30-12:30pm
at The Nature Hub-Gap of Dunloe

The Nature Hub

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OUR BUSINESS PARTNERS



natural re-connections

a 4 week group to support a reconnection to self, others and our natural environment through eco-art and mindful nature connection practices

every Tuesday from February 14-March 7
12:30-2:30pm - Castlemaine

The Nature Hub

hi

family resource centre

CKTUSLA

AN CHLANNACH MAÍLÍN

CORCAIGH CURRAÍ

CORK KERRY

AN CHLANNACH MAÍLÍN

LEASNAIRIA TOSNAÍOIR

1997 and 2014



CAHERBEG WOODS

Agro-Forestry award-winning artisan meat processing business on 50 acres of trees

Caherbeg Woodland is privately owned by Avril Allshire-Howe and her husband, Willie. They shared her love for land and bought a smallholding in West Cork which they have extended in recent years. They have the oldest Irish herd of free range outdoor pigs (est. 1997); a successful international award-winning artisan meat processing business, Caherbeg Free Range Pork Ltd. with secondary brand, Rosscarbery Recipes, managed by their sons, William & Maurice; 50 acres of trees including hardwoods; maturing Sitka spruce; agro-forestry. <https://forestbathingwestcork.ie/>

FERNHILL HOUSE HOTEL & GARDENS

Permaculture Forest & Gardens

Michael has created a truly special permaculture forest at Fernhill that showcases what is beautiful about nature in Ireland. The permaculture forest and the gardens at Fernhill designed by world-renowned Mary Reynolds are an ideal place for a wonderful forest bathing experience.

<https://www.fernhillhousehotel.com/>

RATHBARRY CASTLE, CHURCH, OWENAHINGGA BEACH, GALLEY LIGHTHOUSE AND CASTLEFREKE WOODS FOREST BATHING

The ruins of Rathbarry castle, Rathbarry church, graveyard, a 30ft high cross, Owenahingga beach, the Long Strand beach dunes, and the Galley Headlight House with breathtaking views from all are close by. Michelle Ryan, Pat Jo Connolly, and Jane are members of Forest Bathing West Cork and guides in Castlefreke woodland trails.

<https://www.greatlighthouses.com/lighthouses/galley-head/>