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# Forest experiences in Tuhinjska valley

#### Slovenia

# A case of a forest SPA expreience

https://www.termesnovik.si/sl/aktivnosti/gozdna-dozivetja



### Forest experiences in Terme Snovik

The more time we spend in nature, the more our mindfulness increases, everything happens more calmly and slowly and in such a connected, positive way, as if we had put on a different pair of glasses and discovered a new world.

Terme Snovik offer a unique forest experiences in the idyllic Tuhinj valley.

## Location

Terme Snovik are located 9 km from Kamnik, 32 km from Ljubljana, our capital city.

Terme Snovik is the highest spa in Slovenia, surrounded on one side by the Kamnik-Savinja Alps and the unspoiled nature of the Tuhinjska Valley.

#### **Trees and Plants**



Wellbeing



**Sustainability** and Trees



Forest experiences offer several programs: forest adventures with meditation, forest thermal experiences, forest yoga, sound bath in nature, forest workshop, exploration workshop for children, culinary experience in a forest glade.

The programme is designed outdoors, in nature, in forests, hugging trees, walking by the water, along a stream, listening to the rustling of leaves and enjoying the natural sounds of birds singing and leaves rustling.



