

Case Study

Forest experiences in Tuhinjska valley

Slovenia

A case of a forest SPA experience

<https://www.terme-snovik.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.



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