

# Case study

## Nacadia Healing Garden: A Case Study on the Benefits of Forest Bathing



Nacadia Healing Garden, nestled in Hørsholm Arboretum near Copenhagen, Denmark, stands as a modern-day Arcadia, offering a tranquil and therapeutic environment. Developed by Associate Professor Ulrika K. Stigsdotter and partners, it's a space where nature's healing powers are embraced and utilised, especially for soldiers with Post-Traumatic Stress Disorder (PTSD). This case study delves into the unique aspects and benefits of forest bathing at Nacadia.



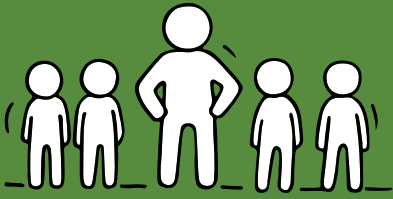
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## Walking Trails



## Nature Observations



## Therapeutic sessions



### Forest Bathing and Activities

Forest bathing, or 'Shinrin-yoku', a Japanese concept, involves immersing oneself in the forest atmosphere. At Nacadia, visitors experience this through various activities:

**Walking Trails:** The 600-meter walk to the clinic, lined with a rich variety of trees and bushes, immediately immerses visitors in nature.

**Nature Observation:** Sitting under tree canopies or beside the reflective lake, guests can engage in mindful observation of the natural world.

**Gardening:** Hands-on activities like kitchen gardening allow for a creative and rewarding interaction with nature.

**Therapeutic Sessions:** Conducted outdoors, these sessions include guided discussions and mindfulness practices.

### Unique Features of Nacadia

**Diverse Environments:** From dense forests to open meadows and serene lakes, Nacadia's landscape is varied, offering different sensory experiences.

**Designed for Choice:** The garden's layout allows visitors to choose their level of interaction, from secluded spots for solitude to communal areas for social engagement.

**Architectural Elements:** Structures like elevated decks and a glass house offer different perspectives and levels of engagement with the environment.

**Year-Round Accessibility:** The garden is designed to be accessible and beneficial throughout the year, regardless of weather.



## Healing Through Nature

Nacadia's approach to healing emphasizes the therapeutic benefits of nature. The gradual progression from solitary nature observation to more engaging activities helps guests reconnect with their surroundings and themselves. This method demonstrates the significant impact of natural environments on mental well-being.

## Conclusion

Nacadia Healing Garden exemplifies the powerful role of nature in fostering healing and well-being. Its unique design, focusing on choice and diversity, allows visitors to experience the therapeutic benefits of forest bathing in a way that suits their personal journey. Nacadia serves as a testament to the timeless healing properties of nature, now validated by scientific research.



Co-funded by the  
Erasmus+ Programme  
of the European Union

