

Case study

Glengarriff Forest Therapy, Ireland



Glengarriff Forest Therapy provides forest bathing walks and forest therapy retreats amongst the magnificent ancient oak forest in Glengarriff Nature Reserve, West Cork.

Throughout guest's stay, they are guided through this fifty acres of incredible woodland, gardens, rivers and meadows, on a series of unique forest bathing walks, to enhance your health and well-being.

Guests can also take a magical wander through the serene landscape and experience the forest as never before.

<https://glengarriffforesttherapy.ie/>



Nature Based Therapy



The Wellness



The Walks



The Ritual

Rest

Reduce stress, anxiety and depression, improving sleep.



Connect

Deepen our connection to ourselves and nature, enhancing concentration.



Revive

Increase creativity and physical and mental energy.



Walk with a Trained Forest Bathing Guide

The guide sets the pace helping you to slow down to the rhythm of the forest for maximum benefit. By inviting you to connect with the forest through different activities, you can gain new insights and perspectives. Forest guides are non-judgemental listeners who hold space and create opportunities to share your experiences within the course of the walk. Guides take time to prepare walking routes that are safe and peaceful, allowing you to completely relax and unplug totally from cares and responsibilities.

The forest therapist works in partnership with the forest to create the best conditions for growth and healing, making every walk unique. The forest is the real therapist and the guide simply opens the doors. <https://glengarriffforesttherapy.ie/forest-bathing/>

Forest Bathing Retreat set in the tranquil and historic Glengarriff Lodge, is the ultimate forest therapy experience. Spend time in one of Ireland's last remaining native woodlands, learning the Art of Forest Bathing. This private island is surrounded by rivers and forests in one of Ireland's most beautiful valleys, nestled in the landscape of the Caha mountains. Immerse your senses among the gardens, magnificent trees and wildlife, the ideal setting for deep restoration. Allow the magic of this place to take you on a transformational journey, realigning and reconnecting with the elements and your true self. A typical retreat consists of a series of forest bathing/therapy walks, each one exploring different themes designed to help you develop your own personal practice.

Visit the Lodge <https://glengarriff lodge.ie/>



6 Week Forest Therapy Courses

Forest Therapy Courses are specially designed to relieve stress, and anxiety, and promote deep relaxation while grounding us in the present moment.

Each week guests will explore and awaken their senses through nature-based invitations to enhance their health and well-being, surrounded by ancient oak trees, mossy stones and waterfalls.

This is a transformational journey to remember our innate connection to nature and to support and empower us during these ever-changing times. It is a great way to meet like-minded people and learn skills that you can use in everyday life.

A small intimate group of 6 people, booking is essential as places are limited. Held mid-week and weekends in Autumn.

<https://glengarriffforesttherapy.ie/blog/>



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Lisa Curran

Creator of Glengarriff
Forest Therapy



Lisa Curran is the creator of Glengarriff Forest Therapy. She has always had a deep connection and love for nature. With a background as a Yoga and Shamanic Practitioner, she has a passion for health, well-being and the land. Nature has always been her sanctuary and greatest teacher. Since moving to Glengarriff in 2017 she has been immersed in her work with the forest.

Having experienced the incredible benefits of forest bathing herself, Lisa decided to train with the Forest Therapy Institute. She completed a six-month course and is qualified as a Forest Bathing Guide and Forest Therapist. Lisa holds monthly Forest Bathing walks in Glengarriff Nature Reserve and is the resident Forest Therapist for the luxurious Glengarriff Lodge, where she also holds Forest Bathing and Forest Therapy Retreats.

Lisa is available for private groups and one-to-one sessions in West Cork and beyond. Her wish is to share this wonderful practice with as many people as possible, as the forest helps us to remember our place in the web of life and our connection to it, at a time when it's needed most.

<https://glengarriffforesttherapy.ie/your-guide/>