

Forest Bathing in Surrey

CONNECT WITH NATURE TO IMPROVE YOUR HEALTH



Fox In The Forest

Nature Therapy for Health & Wellbeing

Combining the healing powers of nature with experience and knowledge of running therapeutic interventions to improve wellbeing, Fox in the Forest provides you with the opportunity to connect with nature whilst improving your physical and mental health.

Many studies have found that being in nature regularly can:

- Reduces stress
- Improve mood
- Improve the immune system
- Reduce heart rate
- Reduce blood pressure
- Improve sleep
- Reduce fatigue

Courses and Workshops are held in local forests in the North West Surrey area.

To find out more, visit
www.foxintheforest.co.uk
or find us on

