

BENEATH THE CANOPY



www.beneaththecanopy.ie

ABOUT US



Who we are

We are Orlagh and Cat, two certified forest bathing guides. We have a passion for connecting people to nature and helping them to relax, release stress, and escape the hustle and bustle of everyday life. We organise events and develop products for people to use in their nature connection practice.

[Find out more about us](#)

What others say

“Fabulous experience with Orlagh and Cat. I will definitely be back.”

“Thoroughly enjoyed the Forest Bathing retreat. Cat and Orlagh were very helpful and great guides.”

“If you’re looking for another hopeful Irish podcast, then *Beneath the Canopy* awaits! It inspires you to get back in touch with nature. It’s just magic!”

[Listen to the podcast](#)

Orlagh: 085-1631226

Cat: 083-4581186

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info@beneaththecanopy.ie

WHAT WE OFFER

What we offer

We can deliver our programme in a natural location that suits your needs. Or we can suggest a forest or park we think is suitable for your group.

Our tailor-made outings are between 1.5 and 2.5 hours in length, and in that time, we begin with letting go of our worries and troubles before we take the participants on a journey through sensory meditation.

Pricing (one guide)

- 1.5 hour experience: €200 for a group up to 10 people (Weekends- €275)
 - Between 10 and 15 - €20 per additional person.
- 2.5 hour experience: €350 for a group up to 10 people (Weekends- €450)
 - Between 10 and 15 - €35 per additional person.

Add ons (€75 each)

- **Tasting**
 - Tea tasting
 - Mindful tasting
- **Creative writing**
 - Journaling
 - Poetry
- **Ancient ways**
 - Celtic Wheel
- **Arts & Crafts**
 - Branch weaving
 - Group nature mandala

If your group is bigger than 15 participants we can arrange an extra guide (maximum 15 participants per guide)



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ABOUT FOREST BATHING

What is forest bathing

Forest bathing (or shinrin-yoku) is about bathing yourself in the forest atmosphere through all of your senses. Contrary to what the name suggests, you don't have to go into water to forest bathe. Instead, you focus on what you can see, hear, smell, touch and taste.



The Benefits

Scientific studies show that forest bathing has many health benefits like reducing stress, lowering blood pressure, and boosting your immune system.

It also improves your mood, increases concentration and frees up your creativity.

And it can accelerate recovery from illness.

What does a forest bathing session look like?

During a forest bathing session, you will connect with nature by slowing down and getting out of your head and into your body. A forest bathing guide will help you to do this, by taking you on a short walk and giving you a series of invitations. Invitations are short nature-based exercises that will help you to connect with nature. We call them 'invitations' because we invite you to participate. If for whatever reason you don't feel like doing that, that's okay too. Feel free to not take part and just relax in your own way.

After some invitations, we gather in a circle, where we can share our experiences. This helps us to deepen the experience and also to connect with each other. Again, if you don't feel like sharing, you don't have to. Know that silence is also very welcome.

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