

BENEATH THE CANOPY

GROUP TRAINING



www.beneaththecanopy.ie

FOREST BATHING AND NATURE CONNECTION GUIDE TRAINING

You can train with us to become a certified forest bathing and nature connection guide yourself. We both began our professional journeys training with the Nádúr Centre for Integrative Forest Therapy. With Nádúr no longer offering guide training, we felt a calling to ensure this wisdom remained accessible.

We've poured our combined years of field experience and deep knowledge into a comprehensive, hands-on certification program designed to empower the next generation of guides.

Online training

- Self-paced learning
- Suitable for individuals
- Text, audio and video lessons to suit your learning style
- Extensive workbook with practical exercises
- Feedback & assistance from your trainers
- In person examination
- Online community membership

[Find out more here](#)

In-Person Training

- Blended in person and online learning
- Suitable for groups
- 3 In-person practical days in natural settings around Ireland
- 5 Online live sessions to explore theory
- Self study with workbook exercises
- Feedback & assistance from your trainers
- In person examination
- Online community membership



After completing the course you will be a certified forest bathing & nature connection guide.

This course is accredited by the IPHM (International Practitioners of Holistic Medicine).

Orlagh: 085-1631226
Cat: 083-4581186



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info@beneaththecanopy.ie

TRAINING FOR GROUPS

What we offer

We offer Forest Bathing & Nature Connection Guide Training for private groups anywhere in Ireland. Your training begins with a full day immersed in nature at your own location, setting the foundation for sensory awareness, mindful presence, and guiding skills.

This is followed by five two-hour online sessions, where we explore the theory, science, and structure of nature connection practices. Between sessions, students deepen their learning through self-study outdoors, completing guided exercises from their workbook.

We conclude with two additional full days in nature, giving students the chance to practise guiding real groups, refine their facilitation style, and complete their examination walk. A complete, supportive pathway to becoming a confident Forest Bathing & Nature Connection Guide, delivered right to your forest or chosen natural space.

We can facilitate this training at your location anywhere in Ireland, but you will need to provide approved access to a suitable natural space. This can be a forest but also a big garden, park or other natural setting.

We can provide private group training for 2 to 10 students at a time.

If your group is larger than 10, we're happy to divide participants into two or more groups so everyone receives the attention, practice time, and support they need.

We offer a flexible schedule to accommodate your timeline and workhours.



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COURSE STRUCTURE

1. Practical Day in Nature (at your location)

We begin with a full day outdoors, introducing the foundations of forest bathing and nature connection.

- Welcome & introduction
- A guided forest bathing walk
- An exploration of what forest bathing is; its roots, benefits, and pathways

This day sets the tone for the rest of the training, grounding students in sensory awareness and embodied experience.

2. Online Theory Sessions (five two-hour sessions)

These live online classes build your theoretical knowledge and guiding skills:

- The senses and how to engage them
- Forest medicine: the science behind nature's impact on wellbeing
- Preparing a forest bathing walk
- Delivering a walk: presentation skills, handling difficult questions, and safety
- Creative invitations, seasonal considerations, and different environments

Between sessions, students deepen their learning through self-study outdoors, completing exercises from their workbook.

3. Two Nature Immersion Days (at your location)

Day One:

- Each student prepares and delivers part of a forest bathing walk
- A practical workshop such as foraging & tea making or creative nature art

Day Two:

- Examination walks (1 hour each)
- Graduation

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PRICING

Up to 5 students	€ 4725
6 students	€ 5385
7 students	€ 6045
8 students	€ 6705
9 students	€ 7365
10 students	€ 8025

Terms and conditions

- Fixed price within the island Ireland, with no hidden costs.
- We can adjust the programme to suit your budget if needed.
- Payment must be completed within 30 days of the invoice date or at least 14 days before the course begins, whichever comes first.
- Once confirmed and paid, training cannot be cancelled.
- The client must provide approved access to a suitable natural space for all in-person training days.
- Rescheduling is possible depending on availability.
- Training days proceed in most weather conditions. In case of a weather warning or unsafe conditions, we may reschedule the in-person days.
- To receive certification, participants must attend all sessions, complete self-study exercises, and successfully deliver their examination walk.

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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.”

“The online course was a self paced, in depth exploration of forest bathing. The prompts and activities deepened my personal practise and made me feel ready to offer this as a paid offering.”

“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](#)

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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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