

Forest bathing

Nature walks with a twist



Try going beyond a regular walk and incorporate some principles behind the Japanese practice of *shinrin-yoku* or forest bathing. Simple changes to your walking routine could reap numerous benefits. Share your experiences with us [#YYCZooSupportingYou](https://www.instagram.com/YYCZooSupportingYou)



Put on your listening ears: can you focus on different sounds? Can you hear the wind blowing leaves, birds calling or insects scurrying?



Engage your sense of touch: what does the bark feel like on different trees? Are there puddles to splash your hands in?



Forget about your step goals: slow down dramatically and focus on covering less ground with more keen attention on your surroundings.