



**Michele Burton, ANFT Guide**

**Forest Bathing Guide in South  
Central PA**

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**Our task is to widen our circle of compassion to embrace all living beings and all of nature.**

**Albert Einstein**

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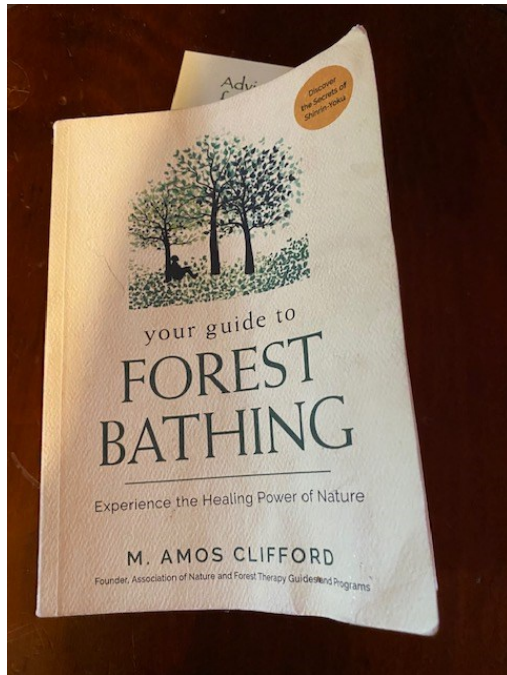
I have special memories with nature from my childhood. From time spent in the forest and time spent at the ocean. I was an avid hiker until I was bitten by a tick and became very sick and my body pain ridden. Through this if I could make it to the trail and walk slow, I would feel better. The Forest heals. I became the sweep on guided hikes and learned to love the slowing down as I walked. So much to be aware of.

I read Amos Clifford's book on Forest Bathing and felt like it was made for me. I went to a week's immersion with Nature and Forest Therapy to learn to be a guide. Followed by 6 months of intense practicum training. To lead others on Forest Bathing walks is a real "arrow to my heart," not because I am leading but to share this passion so that others may become comfortable with the "other than human world" and form a partnership with all the Forest can give us, and we too give back. In Nature and Forest Therapy I am the guide and the Forest is the Therapist.

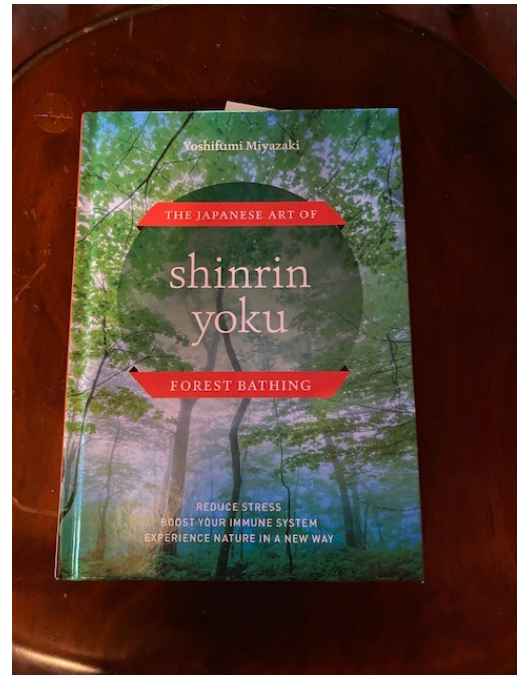
I am amazed at how much I learn each time I guide and my connection to the Forest and the more than human world touches me deeply.



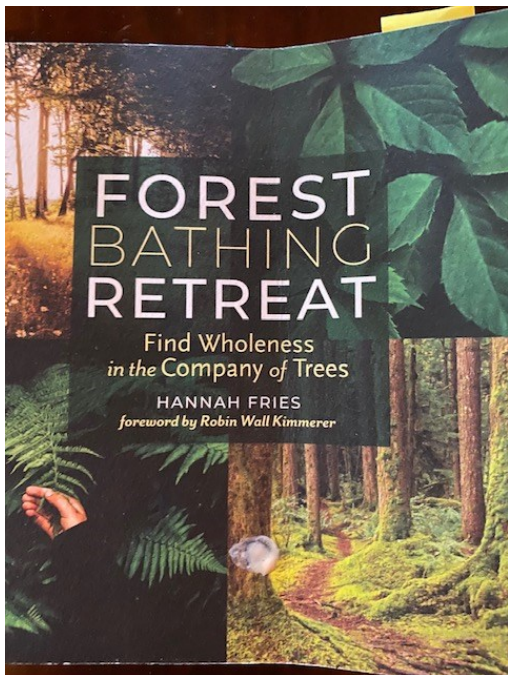
## Some Good References



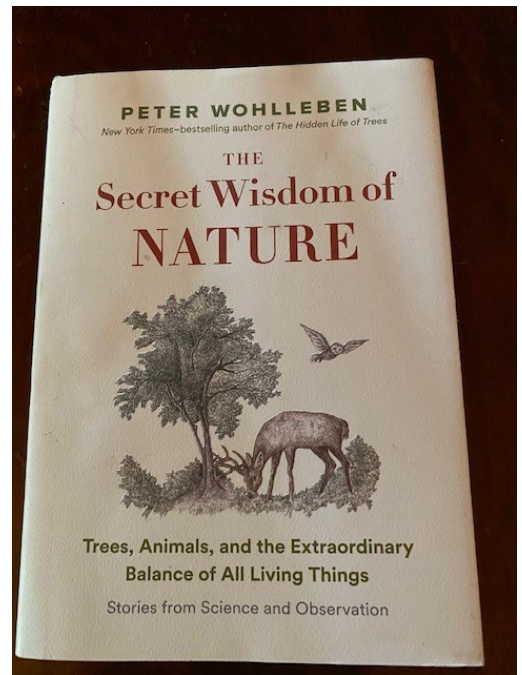
Your Guide to Forest Bathing  
M. Amos Clifford



The Japanese Art of Shinrin Yoku  
Yoshifumi Miyazaki



Forest Bathing Retreat  
Hannah Fries



The Secret Wisdom of Nature  
Peter Wohlleben