



The Lodge at Woodloch Gains Certification as a Forest Bathing Facility

While increased research continues to prove the benefits of nature, The Lodge team shows its commitment by investing in team certification to further the education and connection for guests

For Immediate Release: March 9, 2016, Hawley, PA- When the team at The Lodge at Woodloch first kicked off their Forest Bathing program three years ago, they had no idea what they were in for. The connection with nature was so much more profound than ever expected. Especially when the team takes the purposeful time to consider the connection when all-too-often it is taken for granted. Forest Bathing, or Shinrin-Yoku touts growing research that supports the far east tradition and understanding that spending time in the deep woods has profound healing power. Over time, forest bathing can produce quantifiable changes in the body and mind. Plus, the added benefit is that it just feels good. The Lodge at Woodloch developed a Forest Bathing Exploration Program three years ago as a way to introduce the theory to guests. Last fall, the team took it a step further by having a cross-functional team of associates certified in Forest Bathing. Team members with varying backgrounds such as a yoga and meditation instructor, the Master Herbalist, the Outdoor Adventure Manager, and an Outdoor Adventure Guide all participated in the 3-day intensive location-based training. The team learned that nature can enter the body through the five senses by being mindful of ones' surroundings. It is often difficult for guests (and staff) to put a hyperactive mind aside to concentrate on the present and the forest surroundings...but when done correctly, it is prolific.

Research indicates that nature and the forest are true healers. Studies show that there is a marked decrease in stress-related hormones, a decrease in heart rates and lower blood pressure. The theory states that trees and plants produce organic compounds called phytochemicals to help protect themselves from insects, fungus and disease. These compounds escape into the air and when breathing deeply and moving slowly through the forest...with an open heart and lungs, can offer great benefits to humans as well as plants.

Some of the results of the Rx of the forest include:

- Reduced blood pressure
- Reduced blood cortisol levels (stress indicator)
- Increases in counts of natural killer cells that combat disease
- Improved perception of vigor
- Reduced stress levels
- And more

The Lodge at Woodloch will kick off their new program with their certified instructors by offering Forest Bathing exploration classes every week- beginning on Earth Day. Guests can also get a crash course to relaxation and learn the basics of the practice on Friday afternoons to get the weekend off on the right start. The regularly scheduled class will take guided walks deep into the forest on the 400+

private acres at The Lodge. The walks are slow, contemplative and deliberate and will focus on keeping the body and mind in the present while teaching techniques for deep breathing, mind-body awareness, as well as taking note of the little miracles of the forest.

Forest Bathing is also a great opportunity for groups and meetings. Taking a much needed break to refocus, get fresh air and retune the mind makes for a much better experience with the group. In addition to the stress-relieving benefits, nature can be inspirational brain food that will lead to much better meeting and team building results. Some of the benefits of holding a Forest Bathing session for a meeting group might include sharper senses, increased creativity, increased awareness of the world outside of the given (corporate) task, better mood, better self-esteem and a better immune system.

There is no additional cost for the weekly Forest Bathing class but the results and knowledge will last a lifetime. Private and group sessions are available (price varies) upon request.

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 400+ wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 57 luxury accommodations, a 40,000-square-foot spa, gourmet restaurant and more. Additional information and reservations are available toll-free at 1-800-WOODLOCH or visit TheLodgeatWoodloch.com, [Facebook.com/LodgeAtWoodloch](https://www.facebook.com/LodgeAtWoodloch), Twitter ([@LodgeatWoodloch](https://twitter.com/LodgeatWoodloch)) and Pinterest ([@LodgeatWoodloch](https://www.pinterest.com/LodgeatWoodloch)).

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