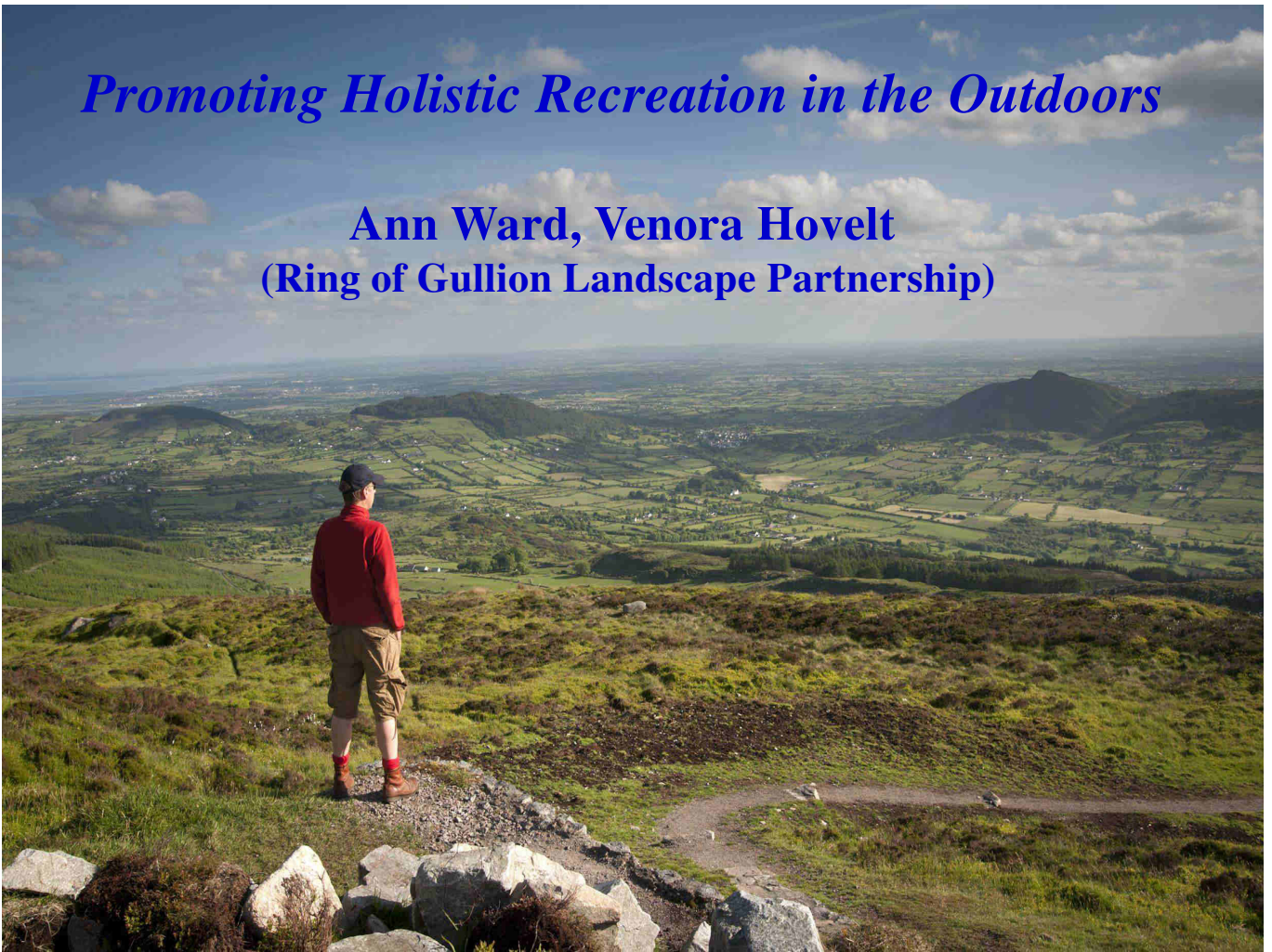


Promoting Holistic Recreation in the Outdoors

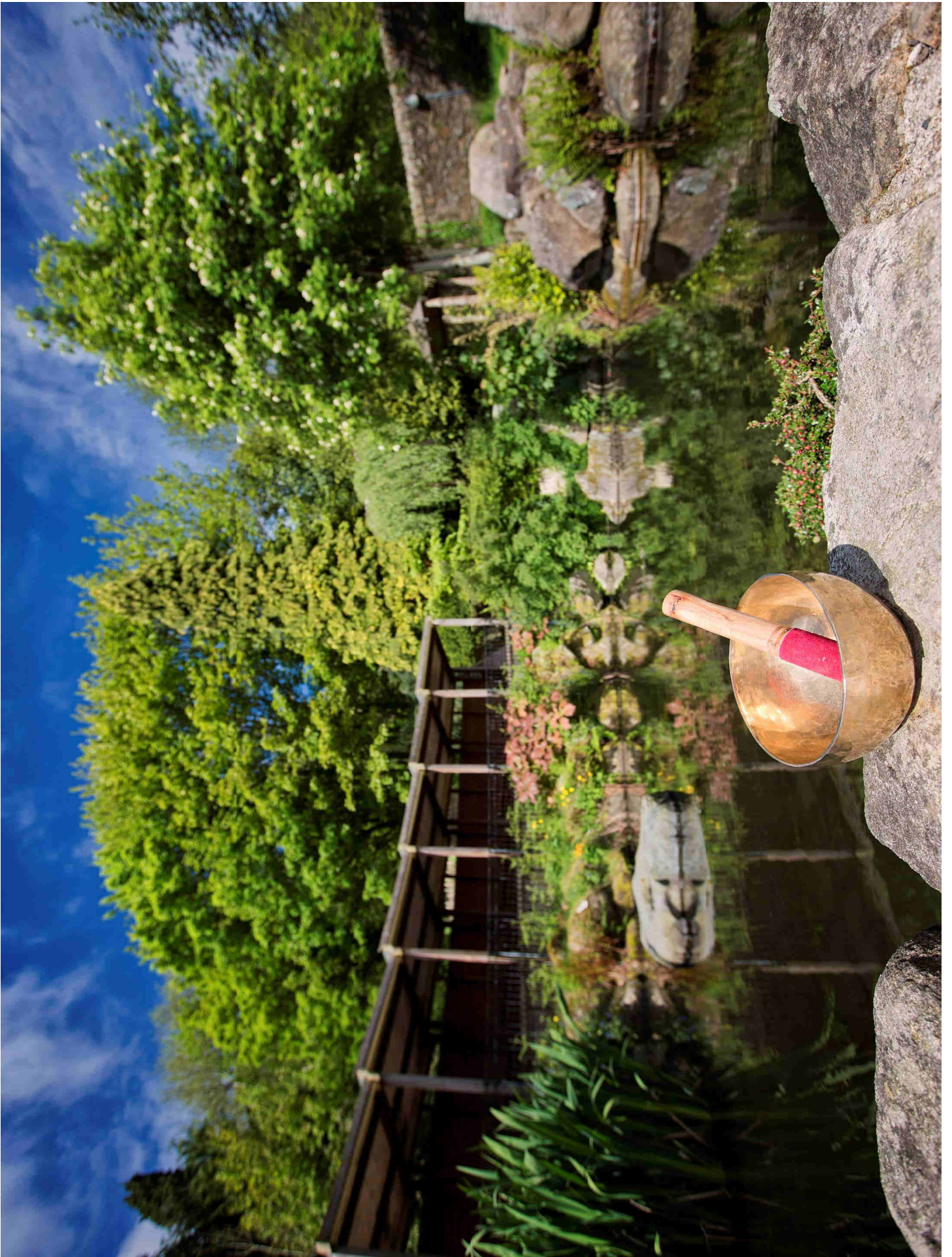
**Ann Ward, Venora Hovelt
(Ring of Gullion Landscape Partnership)**



Holistic Recreation



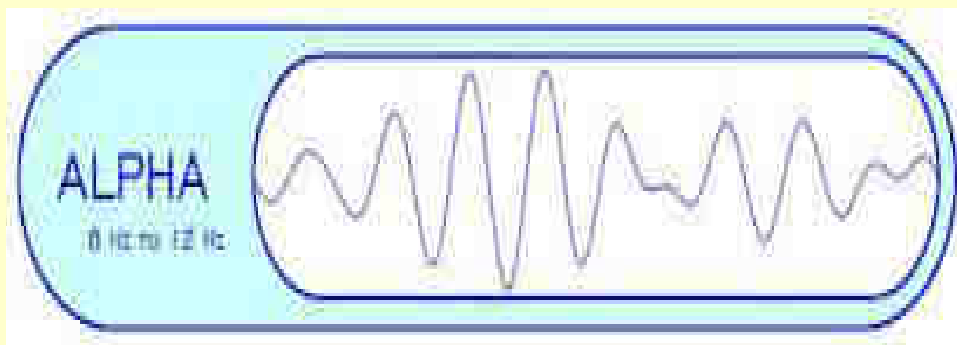
To promote the practice of mindfulness, forest bathing and cultural awareness in the outdoors, to support holistic health and well-being and sense of place



Mindfulness.....



'The relaxation response'



Benefits of Forest Bathing

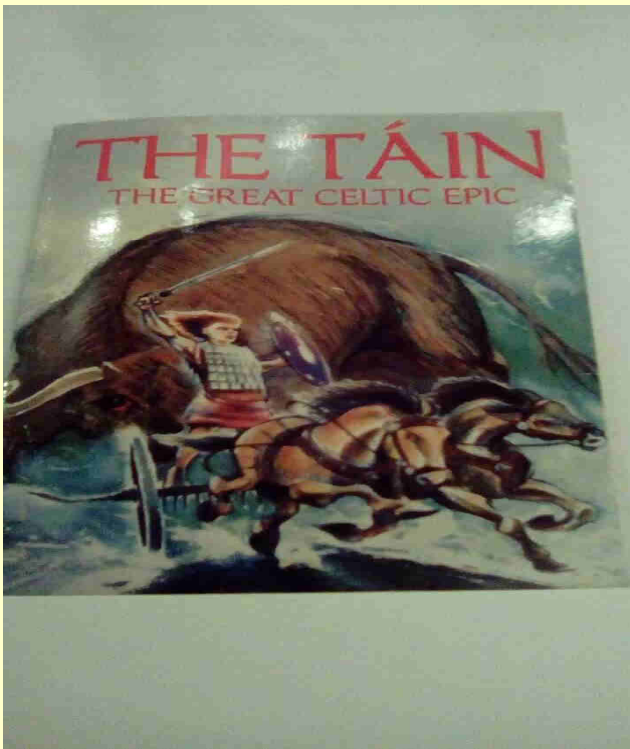
(‘Shinrin-yoku’)



- Restorative – energising
- Lowers heart rate and blood pressure, anxiety
- Lowered cortisol & adrenaline, stress reduction
- Enhanced immune system
- Quicker recovery from surgery
- Improved concentration and sleep
- Promotes positive mental health and mood

Cultural Awareness





*Myths &
Legends....*

Marte Meo Therapy





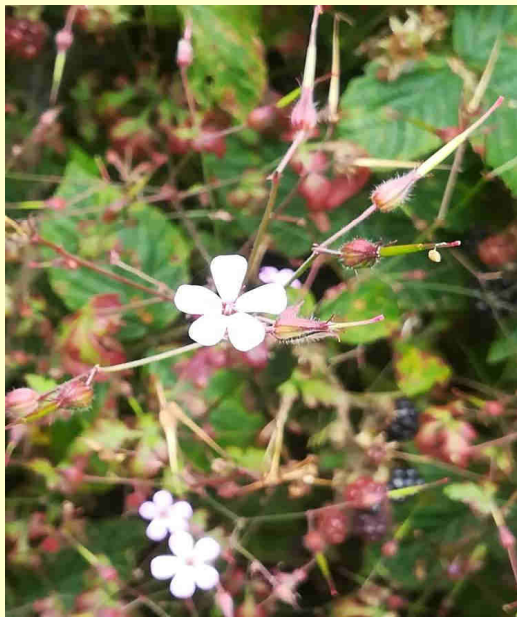
**‘Combining our
Gifts’**

'Feeding Your Senses'





Healing herbs....



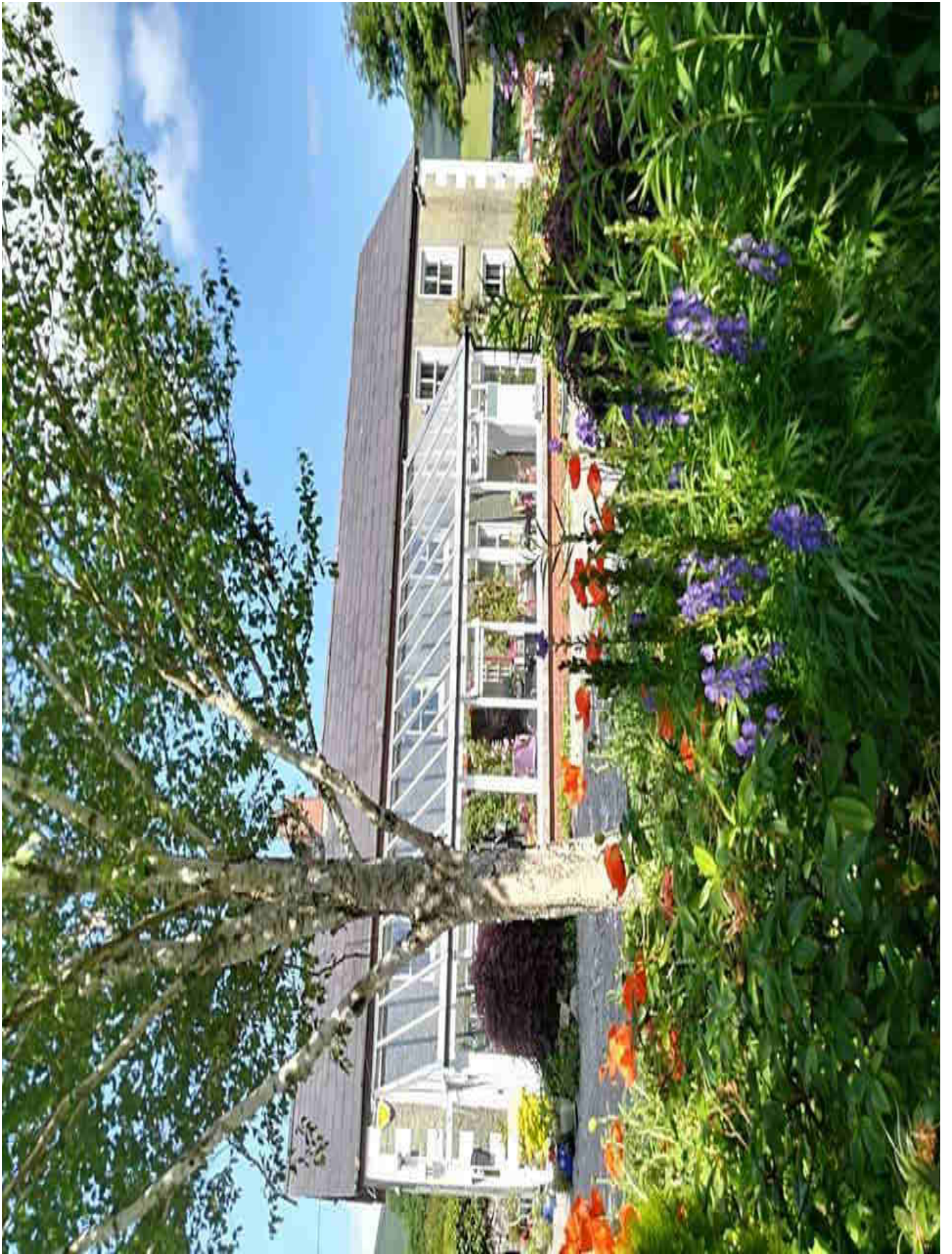
Herb Robert (wild geranium)

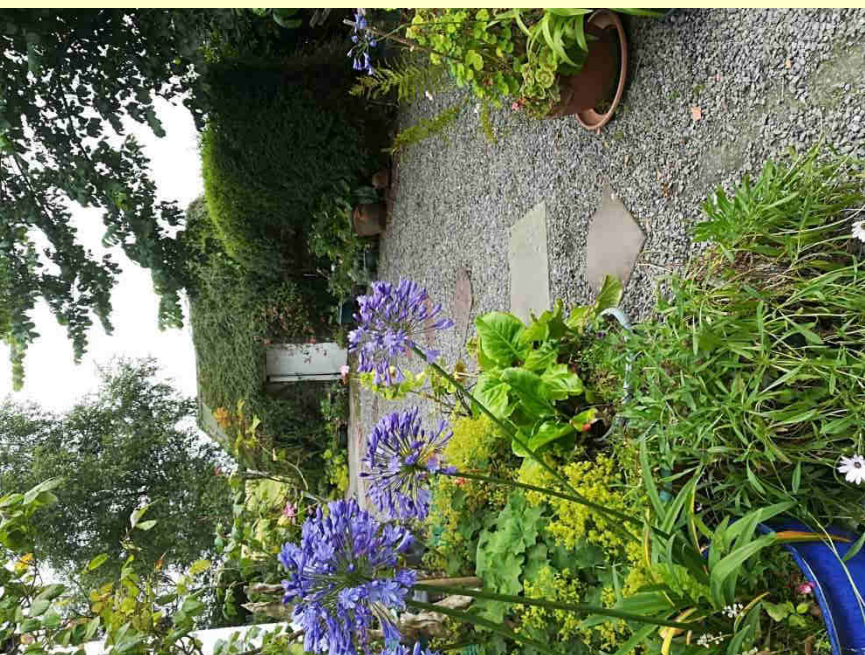


Self – heal (Prunella vulgaris)

Foraging.....











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<https://www.ringofgullion.org/events/>

‘Gràcies...’

