

Forest Bathing with Eve



**Step softly into the forest, where the pace slows and the senses begin to awaken.
A gentle space to reconnect, restore, and feel quietly held by the natural world.**

What is Forest Bathing?

Forest Bathing (from the Japanese practice Shinrin-Yoku) is a gentle gathering in nature. It's not exercise, but being guided into presence among trees, using all your senses to slow down, breathe, and feel restored through the immersive atmosphere of nature.

Science-Backed Benefits

- Lowers stress hormones like cortisol and reduces feelings of anxiety
- Lowers blood pressure and improves mood, sleep, and mental clarity
- Increases immune activity, including natural killer cells, which research suggests help in the body's defence against cancer
- Brings deep states of calm, resilience, and a sense of peace and stillness

Who it helps

Forest Bathing is for everyone and can be especially valuable for people affected by, or supporting those with cancer by helping to reduce stress, enhance immune function support and build resilience.

Where

Sessions will be held in a beautiful, safe and quiet setting within a private six-acre forest near Uckfield, East Sussex.

Join Me

The Sussex Cancer Fund is kindly offering these sessions for patients, carers and CNS Nurses in Summer 2026. Please contact: info@sussexcancerund.co.uk for more information.