



# FOREST MIND - EXCURSION

**Forest Mind helps restore balance to the mind and body.**

The Forest Mind method integrates the proven health benefits of nature with practices that enhance mental well-being and psychological skills. It consists of mindfulness, relaxation, revitalization, resource-strengthening, and mental skills exercises that support both mental and physical balance.

The Forest Mind method is grounded in scientific research on psychological and physical well-being, as well as the restorative and health-promoting benefits of nature.

Forest Mind experiences are ideal for enjoying together with loved ones, groups of friends, or work teams.

The excursion is guided by a certified Forest Mind instructor and a wilderness guide.

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● **INFO**

Duration: 30 min - 2 h    Group size: 4 -15 person    From: Get a quote

ENQUIRIES & RESERVATIONS p. **+358 400 422 336**

or Email [\*\*myynti@nuutajarvenlasi.fi\*\*](mailto:myynti@nuutajarvenlasi.fi)

**Availability:**

Year-round

**What's included?**

The excursion includes a guided Forest Mind experience.

Packed snacks can be arranged upon request.

**Special requests:**

The excursion can be customized to suit guests with mobility impairments, according to the client's needs and preferences.

**What to bring?**

Please wear clothing appropriate for the weather and season, and sturdy footwear suitable for walking in forest terrain.

Bringing your own water bottle is also recommended.

**Meeting point:**

Always agreed separately with the client.

