



Reconnect, Revive, Rejuvenate and Restore through the Power of Nature and Forest Conexions



What We Believe

We believe that together, through this re-emerging practice of remembering and reconnecting to the land, we can foster a vibrant future for ourselves and our loved ones, and future generations, as well as, our planet Earth to which we are all connected.

We believe this practice has the potential to heal a number of societal and climate change-related issues, as the practice lends to heart-centered decision-making practices and a renewed relationship and remembering of one's connection with the land. This remembering often inspires a sense of stewardship and knowing that caring for the land, is also, caring for oneself and one's community.



Tamberly Conway, PhD
Forester, Educator, Founder & CEO

Association of Nature and Forest Therapy (ANFT) Certified Guide
& ANFT Certified Forest Therapy Trail Certification Consultant

What We Do

We strive to create a system of mycelial connections above ground in uniting humans and nature through the Nature and Forest Immersion practice, working with individuals, organizations, agencies and communities to carry forward this practice into the world for both human and forest wellness, which are so intricately intertwined.



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What is Nature and Forest Immersion (aka Forest Bathing or Nature and Forest Therapy)?

Shinrin-Yoku is loosely defined as, “making contact with and taking in the atmosphere of the forest”, which is a practice that is now backed by rigorous research showing the positive mental, physical, emotional and spiritual effects derived by this experience.

Are you feeling stressed? Would you like to feel relaxed and rejuvenated? Join me as I guide you into the healing powers of nature. Our bodies are designed to be in nature connection, so let's just take the time for your mind and your body to remember this potent medicine of love, joy, peace and gratitude, as we enter into Nature and Forest Conexions.

The Nature and Forest Conexions experience is meant to slow you down, moving away from the frenetic everyday pace, into a slower rhythm, like a meander or a saunter, as you drop out of your head and into your heart and body. A series of guided invitations will lead you deeper into sensory connection, opening yourself to many senses that have been quelled and revitalizing your sense of pleasure and sense of self, as you bathe in the transformative essence of nature and reconnect with the more-than-human world.

Everyone benefits from a deep dive into nature connection. There is a tremendous, and ever-expanding body of research that continues to reveal the human need for nature. We host Nature and Forest Immersion walks for individuals, couples, families, groups of friends, health care professionals, colleges and universities, non-profit and corporate employees groups and faith-based groups. All are welcome to join in this fascinating journey into healing of people and the land through nature connection.

Services

Public Speaking
Event Keynote

**Nature and Forest
Conexions**
In-Person or Remote

Consulting
*ANFT Forest Therapy
Trail Certification*

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