

Terms and Conditions

Shinrin Yoku Sessions by Sensible Sense

Welcome, and thank you for choosing to join a Shinrin Yoku (Forest Bathing) session with Sensible Sense. These Terms and Conditions help ensure your experience is safe, respectful, and fully aligned with the spirit of Shinrin Yoku.

1. Introduction of the Session

These sessions are gentle, guided experiences in nature designed to foster relaxation, presence, and well-being.

Each invitation is a suggestion, an encouragement to experience the forest in a more conscious and mindful way. There are no expectations or a "correct" way to do them—your personal approach is what matters most.

- These invitations may include:
- Activating the senses
- Slow walking
- Mindfully listening to the sounds of nature
- Touching various textures
- Observing light and shadows
- Creatively exploring nature through drawing, writing, or arranging natural compositions

Their goal is to help you slow down, quiet the mind, and deepen your connection with the forest environment and (re)connect with your inner nature. Shinrin Yoku allows you to rediscover both nature and yourself, strengthening inner peace and well-being.

My role as a guide is to ensuring that everyone feels safe and comfortable throughout the session.

Please note: I am a Shinrin Yoku guide, not a doctor, therapist, or medical professional. These sessions are not a substitute for medical care or therapy. Please consult a qualified health provider for any medical or psychological concerns.

2. Co-Creating the Experience

During our time together, I will do my best to ensure that everyone feels safe and at ease. We are co-creating this experience, not only with one another but also with the forest itself. As we move through this session, I encourage you to respect your own needs as well as those of the group. There will be opportunities to share reflections, but there is never any obligation to do so. Your thoughts, feelings, and observations are yours to hold or express as you feel comfortable.



3. Health & Safety

- **Allergies and Accessibility:** Please inform me ahead of time about any allergies (e.g. insect bites, plants), physical limitations, or disabilities that might affect your participation. This helps ensure your safety and comfort during the walk.
- **Outdoor Environment:** Sessions take place in natural, sometimes uneven terrain and may be subject to changing weather. Please dress appropriately with suitable footwear and layered clothing.
- **Stay with the group** and do not wander off without letting me know. If at any point you feel unwell or need assistance, please do not hesitate to let me know.
- If you have any **health conditions** that may be relevant, I encourage you to share them before the session so that I can be mindful of your needs. If you take any medications, please bring them with you. While I am trained in first aid, I am not able to administer medications, so I appreciate your awareness in taking care of your own well-being.

Make sure you fill out the registration form in advance of the session. If you need to talk about any issues upfront please contact me.

4. Preparing for the Session

To support your well-being during this session, I ask that you take a few practical considerations into account. It is important to wear clothing suitable for the weather, including comfortable shoes, layers for warmth, and a water bottle to stay hydrated. If you would like to bring a small mat or something to sit on, you are welcome to do so.

5. Punctuality

Arriving at least **ten minutes before the session** begins will allow you time to settle and transition into the experience. Because this practice is built on presence and slowness, arriving late may disrupt the flow of the session, so I kindly ask for punctuality

6. No Devices Policy

To support a deep and meaningful connection with nature, we kindly ask that **all electronic devices be turned off** for the duration of the session.

Please keep your phone with you for emergencies if needed, but **it I kindly ask you to remain silenced and out of sight** throughout the experience.

The essence of Shinrin Yoku is to be fully present—free from digital distractions.



7. Invitations During the Session

Throughout the session, I will offer different invitations to engage with the forest. Some may resonate with you, while others may not. You are always welcome to respond in the way that feels most natural to you. There is no need to force anything or to judge how you feel in any given moment. The Shinrin Yoku session invites us to experience the forest at a different rhythm—one that is slower and more attuned to being rather than doing. If you find yourself feeling restless or impatient, that is completely normal. Simply notice it and allow yourself to settle into whatever experience unfolds.

8. Respect for Nature and Others

Please bring a spirit of respect—for the natural environment, wildlife, fellow participants, and yourself. The forest is home to many living beings, and we enter it as guests. For this reason, I ask that we leave it as we found it, without picking plants or leaving anything behind. Any disruptive or unsafe behavior may result in removal from the session.

9. No Alcohol or Psychoactive Substances

To ensure that this experience is one of clarity and presence, I kindly ask that participants refrain from consuming alcohol or any substances before or during the session.

10. Photos & Social Media

Occasional photos may be taken during the session to share the beauty of Shinrin Yoku with the Sensible Sense community (e.g. on Instagram).

If you prefer not to appear in any photos, just let me know before the session begins.

Your privacy is fully respected. If you would like to take photos or document the experience, please ask for permission first, both from me and from other participants.

11. Privacy & Data Protection

Your personal data is processed in compliance with GDPR regulations and used only for session organization and communication. You have the right to view, edit, or delete your data. Your privacy is important, and any personal information shared for the purpose of this session will be handled in accordance with data protection regulations (GDPR regulations). If you ever wish to access, update, or remove your information, you are welcome to do so at any time.

12. Shared Responsibility & The Unpredictability of the Forest

The forest is a wild and unpredictable space – we do not control it, but we can move through it with respect and awareness. The guide carefully assesses risks before selecting a location, considering weather conditions and terrain, but nature remains beyond our control. Participation in the session is



at your own risk with understanding that you will not put yourself into risky situations that may also influence other participants and the guide.

Approach yourself, the forest, the guide and other participants with openness and humility

13. Cancellations & Weather

If you need to cancel your participation, I kindly ask that you let me know as soon as possible.

Cancellations made:

- 7+ days before the session – 100% refund
 - 3-6 days before the session – 50% refund
 - Less than 72 hours before the session or no-show – No refund

 - Sessions may be rescheduled or cancelled due to severe weather or other unforeseen circumstances. In such cases, you will be contacted as soon as possible.
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14. Responsibility & Risk

- Participation is at your own risk. Sensible Sense is not liable for injuries, accidents, or incidents that may occur during the session.

 - You are also responsible for your own belongings. Sensible Sense cannot be held responsible for any lost, stolen, or damaged items.
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15. Agreement to Participate

By participating in this session, you acknowledge and accept the guidelines shared here. I appreciate your presence and your willingness to engage in this practice with an open heart. I hope that this time in the forest will offer you a sense of peace, connection, and renewal.

