



Sandwich Bay
Bird Observatory

SHINRIN-YOKU (FOREST BATHING) AT SANDWICH BAY BIRD OBSERVATORY



Slow down



Switch off



Reconnect with nature

Shinrin-yoku, the Japanese practice of Forest Bathing, invites us to slow down and spend mindful time in nature, noticing the sounds, textures, scents and atmosphere around us. Rather than focusing on a destination, it helps us pause, reflect and reconnect with the natural world.



WHY TRY FOREST BATHING?

- Reduce everyday stress and promote relaxation
- Encourage a calmer, more positive mood
- Support mental wellbeing
- Provide time to pause and recharge
- Reconnect with nature in a different way



LED BY VANESSA CULLIFORD

Vanessa Culliford is an Environmental Social Scientist, lifelong birdwatcher and trainee Forest Bathing Practitioner. She recently trained at the Dartington Estate with ecotherapist Stefan Batorij of Nature & Therapy and has completed her Level 1 Forest Bathing Practitioner training. These SBBO sessions form part of her progression towards Level 2.



SBBO MEMBER SESSIONS



Wednesday 7 October 2026 | 1pm–3pm

Wednesday 4 November 2026 | 10am–12 noon



Meet at Sandwich Bay Bird Observatory



Only 5 places per session



First come, first served



Booking only through Ticket Tailor



Ticket income supports SBBO



WHAT TO EXPECT

- Relaxed two-hour session
- Gentle sensory activities
- Moments of stillness and quiet reflection
- No more than about a mile of walking
- Wear suitable clothing and sturdy footwear
- Bring a drink, any medication you need, and something to sit on if you wish
- Vanessa is qualified in Level 3 Outdoor Survival First Aid



For two hours, put down the binoculars and experience Sandwich Bay in a completely different way.



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