



Calgarians don't need reminding to enjoy beautiful spring weather. Now we have a different way of doing this—a [Forest Bathing Trail](#) at the Bird Sanctuary in Inglewood. While not literal bathing, forest bathing is a chance to “bathe” and be immersed in the forest surroundings. The idea of forest bathing originated in Japan in the 1980s. Now along a one-kilometre loop visitors can experience Calgary's first forest bathing trail. Designed to support the well-being of Calgary's residents and visitors alike, the self-guided trail takes users on a sensory exploration of the sanctuary. The spring trail invitations are now up on YouTube (accessible by scanning the QR codes at each station sign) and in print (copies available at the trail's welcome sign) offering a new way to experience the trail with the change of seasons.

Studies show nature helps:

1. **Reduce stress**
2. **Improve mood and sleep**
3. **Lower blood pressure**
4. **Boost creativity and immunity**

Forest bathing is open to all, but the slow pace and reflective nature of the experience tend to resonate most with adults.

~ Rev. Geoffrey