

# Trees & Tranquility

## Forest Therapy for Mental & Physical Wellbeing

Forest therapy involves immersing oneself in a natural environment, through mindful activities, to promote mental and physical well-being.

The approach also offers a gentle alternative to talking therapies since it does not require sharing of personal experiences or revisiting past trauma (ie. no soul baring).

A Certified Forest Therapy Practitioner is specifically trained in sharing evidence based methods to ensure the positive impact of nature lasts for as long as possible.

As an experienced healthcare professional and carer, Tris can offer the perfect support to ensure you are safe and comfortable in the outdoor environment, respectful of your individual needs.



Tris Rodriguez is a registered nurse, health visitor and foster carer with a lifelong belief in the wellbeing benefits of nature and the outdoors. Alongside Forest Therapy, she is skilled in bushcraft and nature connection techniques. Able to build strong, trusting relationships and effectively address the unique needs of each individual.

Enhanced DBS

Trauma Informed

Fully Insured

*"Thank you for a beautiful relaxing experience. I will definitely use my knowledge to benefit from the goodness of the forest."*  
Forest Therapy Participant



Contact Tris to discuss further, or to request a taster session  
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