

# WORKSHOP ON THE THERAPEUTIC POWER OF NATURE

## 22-23 JUNE 2023, OASI ZEGNA, VEGLIO, BIELLA, ITALY

### OBJECTIVE

Provide key **theoretical** and **experiential** elements aimed at facilitating learning about *how to consciously reconnect with the therapeutic power of forests, parks and green spaces* and to support our psychophysical well-being in nature.

**Type of event:** Full immersion workshop into the knowledge and practice relating to the regenerating power of nature, forests and green spaces. The workshop will be presented in Italian, with translation to English.

**Who should participate:** Professionals dealing with forests and green areas, including foresters, certification practitioners, and individuals interested in learning about and experiencing the therapeutic power of nature.

**Duration:** 2 days, consisting in half a day theoretical introduction of the relevant aspects, followed by 1.5 days of practice (experiential learning) in the forest.

**Certificate:** Final certificate for workshop attendance issued by Marco Nieri.



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The **Theoretical part** takes place in a single indoor session of approximately 3.5 hours, and is supported by a dense audiovisual presentation, including video materials. The scientific, cultural, social and environmental aspects that support the value and utility that nature manifests for the health and maintenance of our well-being will be illustrated, showing arguments and scientific evidence in support of our biological need for green spaces and nature, as well as descriptions of the confirmed knowledge, techniques and practices currently used to obtain the maximum benefit from natural environments.

#### The Main Topics:

- The causes of the increase in stress and the progressive estrangement from nature and its consequences
- The theories, practices, knowledge that have emerged in the last 40 years that explain the methods and effectiveness of natural spaces in supporting and promoting physical, mental, social and environmental health and well-being
- Biophilia and its implications for humans
- The best known and most tested psycho-physical reconnection activities in nature: Forest bathing, Forest therapy, Forest medicine, energetic contact with trees (Bioenergetic Landscape);
- The use of plants in indoor spaces.

The **Practical (experiential learning) part** of the workshop offers the rare opportunity to immerse yourself in the forest to experience 3 sessions of about 3 hours each, where the following techniques guided by Marco Nieri will be tested:

- Forest Bathing
- Bioenergetic Landscapes
- Therapeutic Landscape (*the psycho-emotional influence of the landscape*).

During the walks, which are not demanding and within everyone's reach, the tutor will present and coordinate a concrete application of the elements described in the theoretical part, offering useful information for the self-promotion of health in nature.

Each of the three sessions offers a specific and enlightening interpretation of our relationship with forest ecosystems and nature in general, and the benefits that derive from it.

Why two days in the woods? The time spent following all the 3 practices offered in the beech forests of the Oasi Zegna will allow you to assimilate an important quantity of volatile aromatic substances (*monoterpenes*) emitted by the leaves of the trees, considered by Japanese researchers (Qing Li and others) capable of stimulating and increasing the functionality of our immune system by up to 50% over a period of a few weeks.

#### The programme:

- 22 June: 9-13 Theoretical part (indoors)  
15-18 Forest bathing session (in the forest @ Oasi Zegna)
- 23 June: 9-13 Bioenergetic Landscapes (forest)  
15-18 Therapeutic landscapes (forest)