

Metsämieli

METSÄMIELI - FOREST MIND

A Natural Method for Mental Skills / founder Sirpa Arvonen

Spending time in nature has been found to promote health. Forest Mind is an innovative method for taking nature's health effects into use and intensifying them by applying mental skills exercises associated with the forest. The method also utilizes the latest acknowledged trends in psychology as well as recent therapy and coaching methods, such as mindfulness and life coaching. Forest Mind is ideal for deepening self-awareness, relaxation, easing stress, refreshment and invigoration.

