

SYLVOTHERAPY PRACTITIONER CERTIFICATION

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HAS SUCCESSFULLY COMPLETED SYLVOTHERAPY PRACTITIONER CERTIFICATION

Course Content

Module 1: THE ORIGIN OF FOREST BATHING

Module 2: THE IMPACT OF THE ENVIRONMENT ON HUMANS

Module 3: PRINCIPLES AND FOUNDATIONS OF SYLVOTHERAPY

Module 4: PREPARING AND RUNNING A SYLVOTHERAPY SESSION

Module 5: SIT SPOT AND INDOOR FOREST BATHING

Module 6: PHYTONCIDES AND THEIR AFFECTS ON THE BODY

Module 7: TRADITIONAL SYLVOTHERAPY

Module 8: INDOOR SYLVOTHERAPY: PLANTS AND THEIR PROPERTIES

Module 9: NOTIONS OF AROMATHERAPY

Module 10: LAUNCHING A CAREER AS A SYLVOTHERAPIST



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