SYLVOTHERAPY PRACTITIONER CERTIFICATION

Kim Alexander

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 EFFECTS 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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