



"The forest is the therapist; the guide opens the doors." - Amos Clifford

POPULAR SPEAKING TOPICS:

Forest Bathing - your door to Energy, Power and Healing

Guiding Health Care to Self Care

Igniting Curiosity - Ecowellness for all

The Mighty Manager: Enhance clarity, focus and resilience in a modern day world

"Between every two pine trees is a doorway to a new world." - John Muir

PLEASE CONTACT ME

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BETH FOSTER

Forest Therapy Guide

Host, Interviewer, Speaker

BIO

Having wandered in the woods all her life, Beth delights in educating and guiding others to the healing powers of trees as a tool for peace and prosperity. **Beth believes that, in order to restore balance to our planetary and emotional health, we must reignite a sacred and sustainable connection between humans and the earth.**

As a Nature and Forest Therapy Guide and Trail Certification Consultant, Beth leads people through the forest to find prosperity and an improved quality of life.

AREAS OF FOCUS

- Ecowellness + Forest Bathing
- Corporate Training and Retreats
- Forest Bathing Trail Design (spas, outdoor education, municipalities)
- Education and Celebrations

EDUCATION AND TRAINING

University of Toronto

B.Ed (OCT), M.Ed (Arts in Education)

Western University

BA (English and Dramatic Arts)

** Association of Nature and Forest Therapy Guide Certification*

** Trail Certification Consultant*