

Elizabeth Koch is a certified Forest Therapy Guide through The Association of Nature and Forest Therapy Guides and Programs. She has a history of connection to Columbia Springs, having completed their composing and natural gardening programs, and leading school programs for them.

Forest Therapy was born out of an interest in the Japanese practice of Shinrin Yoku and the studies and research that highlight its health benefits. Literally translated to English, it means “Forest Bathing,” and has been shown to lower blood pressure and stress hormone levels, ease symptoms of behavior disorders, and strengthen immune function for fighting viruses, bacteria, and even cancers. The Association of Nature and Forest Therapy trains and certifies guides worldwide with the goal of improving health through connection with nature. For more information, check out their website at www.ANFT.org.