

Resources for Chanchal Cabrera Shinrin yoku class

General interest:

<https://www.youtube.com/watch?v=LUfbMIGcxkM>

<http://www.natureandforesttherapy.org>

https://en.wikipedia.org/wiki/Forest_bathing

[www.motherearthnews.com/natural-health/.../forest-bathing-ze0z1301zg.](http://www.motherearthnews.com/natural-health/.../forest-bathing-ze0z1301zg)

Research articles

Environ Health Prev Med. 2010 Jan;15(1):27-37.

Trends in research related to "Shinrin-yoku" (taking in the forest atmosphere or forest bathing) in Japan.

Tsunetsugu Y, Park BJ, Miyazaki Y

<https://www.ncbi.nlm.nih.gov/pubmed/19585091>

Environ Health Prev Med. 2010 Jan;15(1):18-26.

The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan.

Park BJ, Tsunetsugu Y, Kasetani T, Kagawa T, Miyazaki Y

<https://www.ncbi.nlm.nih.gov/pubmed/19568835>