

# INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

## Unique Training Opportunity: Forest Therapy Guide Training at Yogaville, Virginia/USA

Following many requests, INFTA now offers professional training in Forest Therapy also in the Americas! To set standards with regards to training and research and advocating for Forest Therapy to be established as evidence-based Public health practice in the USA, INFTA conducts its first training workshop at the [Satchidananda Ashram Yogaville](#) in Virginia. Find more info here:

[Yogaville, USA, 18-22 September 2024](#)



This five-day, experiential workshop at this unique and idyllic location forms the start to the supervised and mentored six-months practicum which qualifies you as an [INFTA-Certified Forest Therapy Guide](#).

**Please apply soon! (only a few slots left)**

## INFTA embarks on the latest research project – helping students to relax

The Australian [Department of Jobs, Skills, Industry and Regions](#) has entrusted INFTA to conduct a pilot project [to measure the suitability and effectiveness of Forest Therapy for international students](#). Promoted by [Study Melbourne](#), 240 international students can take part in [free two-hour Forest Therapy sessions conducted at the Royal Botanic Gardens Melbourne](#) between August and October 2024.

## Forest Therapy Guide Training online: start anytime, anywhere!

Obtain your international qualification as an INFTA-Certified and Accredited Forest Therapy Guide and enrol right now online:

- [Forest Therapy Guide Training \(English\)](#)
- [Forest Therapy Guide Training \(German\)](#)

### INTRODUCTION & OVERVIEW

- 🕒 I. Welcome to your INFTA-Certified Forest Therapy Guide Training
- 🕒 II. Welcome to the INFTA Learning Management System
- 🕒 III. Introduction to the INFTA-Certified Forest Therapy Guide Training
- 🕒 IV. What is Forest Therapy?
- 🕒 V. Important Information for Assignments 1-10 - PLEASE READ CAREFULLY
- 🕒 VI. Abbreviations
- 🕒 VII. INFTA Forest Therapy Guiding Sequence
- 🕒 VIII. INFTA Language of Connection
- 🕒 IX. Health Benefits & Research
- 🕒 X. Forest Therapy as a Public Health Practice

### ASSIGNMENT 1

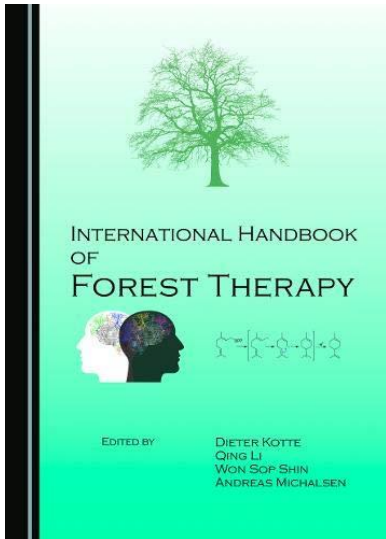
- 🕒 Welcome to Assignment 1

If you are interested in evidence-based, comprehensive and affordable training in Forest Therapy look no further: begin your **INFTA-Certified Forest Therapy Guide** training anytime, anywhere! With a down-payment of only **USD 1,600**, you can start and become qualified as an INFTA-Certified Forest Therapy Guide **in just six months**. Payment plans are available!



 To stay updated, [please visit the News section on our website!](#) 


The International Handbook of Forest Therapy – the world’s baseline in Forest Therapy research – has got the facts of this public health practice



Spanning 585-pages, the [International Handbook of Forest Therapy](#) sets the world’s scientific standard and baseline when it comes to research in Forest Therapy. The handbook is available as hardcover, paperback or even digitally online and in bookstores around the world..

## Just a few slots left for the next Forest Therapy Guide Training

INFTA has just a couple of exclusive training slots vacant at the next in-person training cohort:

 [Australia/VIC, 11-15 September 2024](#)



## Evelyn Lavelle – A passion for nature and Forest Therapy



My name is Evelyn Lavelle and I've recently qualified as a Forest Therapy Guide with INFTA. Before starting the INFTA Forest Therapy Guide Training I had not done any course of study for a while and was unsure how I would manage. I had considered returning to work in the same field I had been working in, after being made redundant, but decided against it as I wished to do something that would give me a new challenge, and would also be good for my mental and physical health, and potentially give me the opportunity to work for myself.

I remembered I had read an article on the benefits of Forest Therapy and was curious about it and the Forest Therapy Guide Training, however at the time did not pursue it as I was already working and, did not have the time to devote to further study and also the cost was a deterrent. With my redundancy I was given the opportunity to retrain in a course of my choice and I chose INFTA's Forest Therapy Guide Training.

I was thrilled my application was accepted. During the course I received all the necessary support I required, and I have benefited from a sense of achievement to complete a challenge I'd set myself. After seeing the positive evaluations from complete strangers who attended my practicum walks, I've realised that, as a qualified guide, I have the potential to share with others the many benefits of spending mindful time in nature.

I now look forward to my next challenge of setting up my own business.

You like being out in nature, but are not sure if you should become an INFTA-Certified Forest Therapy Guide?

No problem, just check out the short introductory online-based [INFTA Forest Therapy Foundation!](#)



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