

# INFTA

International Nature and Forest Therapy Alliance



## Upcoming Forest Therapy Guide Training in **Brisbane, Australia**

Following rising demand for **INFTA-Certified Forest Therapy Guides** in Queensland/Australia, a first exclusive training workshop will be offered at the outskirts of Brisbane soon.

The location for the workshop will be the [Myhorizon Events Centre](#) which offers all modern training facilities. Forest Therapy sessions – including a FREE session for the Public – are to be conducted at the adjacent [Redlands IndigiScapes Centre](#).

Since there are only a few spots left for the training cohort starting at the end of **June 2025**, please apply soon. Follow this link for more info:

● [Myhorizon Event Centre, Brisbane, Queensland/Australia, 30 June - 4 July 2025](#)



## Winter Solstice - Forest Therapy Day Retreat

While the Winter solstice in countries like Australia and New Zealand sees the shortest day and the longest night in a year, it is time to prepare yourself for this new season to arrive. But, this does not mean you have to stay indoors, just because the sun shines less. To the contrary: embrace the new season by joining us at a special Forest Therapy Day Retreat at the luxurious Waurn Ponds Estate on 20 June 2025!



INFTA's Accredited Training Provider – [In My Nature](#) – hosts this exclusive event which comprises an extended Forest Therapy session at the world's first campus-based Forest Therapy trail at Waurn Ponds campus, Deakin University. At this special event you will also be pampered with delicious and nutritious food, learn about aromatherapy and the health benefits of essential oils as well as sketching your favourite motives in your own nature journal.

[To book your Forest Therapy Day Retreat click here!](#)

## Forest Therapy Congress at Klinik Wartenberg in Germany

The "[1. Wartenberg Waldtherapie Kongress](#)" will kick off in October 2025. The highly renowned, privately-owned [Klinik Wartenberg](#), located at the outskirts of Munich, Bavaria/Germany, will host this important event 24/25 October 2025.

The congress aims at developing recommendations for stakeholders and practitioners in Forest Therapy as an effective and affordable evidence-based Public health practice.



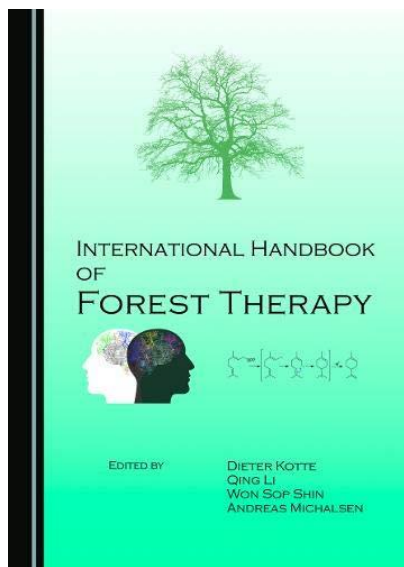
INFTA and INFTA (Germany) have been invited to present the latest international research in Forest Therapy at the upcoming congress. [Click here](#) if you are interested to participate in this event.



We thank all subscribers to this newsletter. You helped to increase our global reach by 120%!



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.

## Come and see where it all began: Forest Therapy Guide Training in Akasawa/Japan in September 2025

Join us and become qualified as an **INFTA-Certified and Accredited Forest Therapy Guide** starting with the exclusive five-day immersive in-person training workshop at the [Akasawa Forest Therapy Centre](#), the world’s first Forest Therapy Centre established in Nagano Prefecture/Japan.



● [Reserve your exclusive training slot here.](#)

## Nan Cheng – Promoting Forest Therapy in China



Hi, I am Nan Cheng, from China. I’m truly delighted to have joined the INFTA family to study as a Forest Therapy Guide (FTG).

Before embarking on this learning journey, I came across the wonderful profession of FTG and decided to give it a try. I was fortunate enough to have Dr Dieter Kotte as my mentor. From the very beginning, he emphasized that Forest Therapy is an evidence-based practice and thoughtfully analyzed the support available in my country for this industry. This gave me great confidence. Dieter has always been supportive, patiently answering my questions, providing encouragement, and offering humorous feedback that made the learning process enjoyable.

This has been a truly rewarding learning journey. Through the Sit Spot near my home, I’ve experienced the seasons in a small, seemingly unremarkable environment. In winter, I befriended an old white pigeon; in spring, I smelled the fresh scent of budding plants and rain-soaked earth; in summer, I watched mallard mothers guiding ducklings around the pond; in autumn, I listened to the rustling of poplar leaves swaying in the breeze. As Chinese philosopher Cheng Yi once said, *“When one observes nature calmly, everything is self-fulfilling, and the joy of the seasons resonates with the observer.”* This philosophy resonated deeply during the Sit Spot practices.

To find a suitable “trail” for Forest Therapy, I explored many parks in and around Beijing. The course requirements also encouraged me to deepen my understanding of my bioregion, including its mountains, rivers, flora, and fauna. These discoveries expanded my perspective and fostered a stronger connection with the natural environment of my hometown.

INFTA’s curriculum not only emphasizes theoretical knowledge but also provides concrete guidance on practical applications. I received substantial support while planning and conducting my practical activities. Additionally, during the training in Kyoto, I met Susan and peers from around the world. Their passion and dedication gave me a profound sense of the beauty and hope inherent in this profession.

China’s vast territory spans diverse geographical regions and climates. During my training time, I traveled to various provinces to participate in related activities and observe forest landscapes. I visited urban parks in Nanjing, the national forest parks in Zhangjiajie, and the ancient tea forests in Yunnan. In the future, I plan to explore even more regions, connect with more people, and integrate the knowledge gained from INFTA into my work and project development. Beyond the standard Forest Therapy curriculum, there is more to experience in terms of unique natural landscapes and the wisdom of local communities in living harmoniously with nature.

INFTA has opened a door for me, leading to a profound connection between humans and nature, while also guiding the path forward. I hope to share the health, well-being, and beauty that forests and Forest Therapy offer with more people in my country and around the world.



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