

MAINELY EXPERIENCES

THE ART OF FOREST BATHING

A RESTORATIVE WOODLAND PICNIC EXPERIENCE CURATED BY MAINELY EXPERIENCES

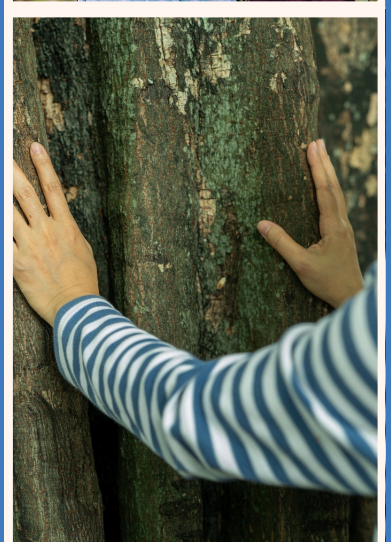
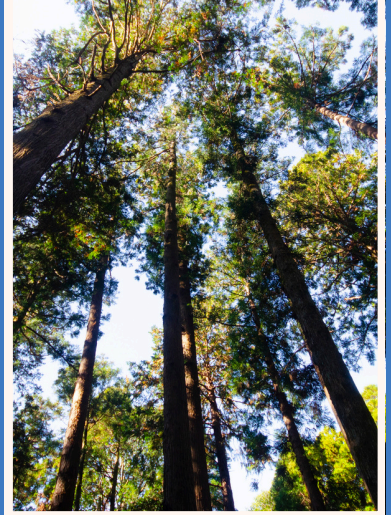
Step into the quiet of the forest and allow yourself to slow down, breathe deeply, and reconnect with nature through this thoughtfully curated Forest Bathing experience – inspired by the Japanese practice of shinrin-yoku and designed for restoration, reflection, and calm.

This immersive experience is gently led by a certified forest bathing guide, who guides guests through a series of slow, sensory-based invitations that encourage presence and relaxation. Rather than hiking or physical exertion, forest bathing focuses on mindful immersion – noticing the textures of bark, the movement of leaves, the scent of pine and earth, and the subtle sounds of the forest.

Moving at an unhurried pace, guests are invited to engage all of their senses through quiet observation, deep breathing, and moments of stillness. The experience encourages disconnection from devices and distractions, allowing the natural environment to support reduced stress, mental clarity, and a renewed sense of balance.

Following the forest immersion, guests gather for a woodland picnic, thoughtfully styled within the natural surroundings. The picnic features a curated selection of locally inspired offerings and refreshing beverages, designed to complement the wellness experience and encourage quiet conversation, reflection, and connection.

Thoughtfully paced and intentionally designed, this Forest Bathing & Picnic experience offers a meaningful reset – blending guided nature immersion with the comfort and beauty of a signature Mainely Experiences picnic.



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