

## NATURE RX AT THE LODGE AT WOODLOCH

Healing through nature abounds at The Lodge at Woodloch



**FOR IMMEDIATE RELEASE: April 15, 2019- HAWLEY, PA:** The Lodge at Woodloch has been at the forefront of the Forest Bathing movement long before it became a trending story in the news. Back in 2013, the team started offering classes to explore the philosophy. Six years and several certifications later, The Lodge at Woodloch continues to evolve and revolutionize their offerings. This summer, with Naturalist Joshua Heath at the helm, the Outdoor Adventure Department will be reorganized to better serve the ever-increasing need to connect with nature. The Outdoor Experiences Department will have two sections, one remaining dedicated to Outdoor Adventures and the new section dedicated to Mindfulness in Nature. Hiking, biking, kayaking and fly fishing will remain options through Outdoor Adventures. The Mindfulness in Nature section will add classes such as Forest Therapy walks, Sunrise Photo walks and Ritual of Tea classes, in addition to existing offerings such as Forest Bathing, Birdhouse Making, Terrarium Classes and more. One of Josh's favorite pieces of advice for being mindful in nature is getting guests to slow down. "I like to set an uncomfortably slow pace," explains Heath. "People are so used to rushing from point A to point B that they don't have the capability of truly slowing down. I like to remind guests of the famous quote by Lao Tzu, *"Nature doesn't hurry, yet everything is accomplished."*

Back in 2000, Australian sustainability professor Glenn Albrecht coined a term psychoterratica- the trauma caused by distance from nature. There has been study after study and book after book written outlining the powerful effects of not having a steady dose of nature such as "Nature Fix" by Florence Williams, "The Last Child in the Woods" by Richard Louv, and "Your Brain on Nature" by Eva Selhub. With a hefty goal of helping guests to fully understand and embrace the importance of nature in their lives (for their mind, body and soul), the true sign of success would be that guests continue their nature practice long after they leave the guiding hands at The Lodge.

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A new Full Moon Series kicked off in 2019 featuring Full Moon hikes, kayaking and Forest Bathing (offering evolves seasonally), Full Moon art classes and a Moon Phase Bath Tea spa treatment add-on. The Full Moon offers yet another amazing opportunity to learn about the power and energy that thrives in our woodland haven.

Mindfulness in Nature Weekend will take place August 23-25 and will bring special attention to the healing powers of nature with expanded Forest Bathing classes, the kick off of the Forest Therapy Walk Class, and special guest speaker, Maureen Calamia. While the offerings that weekend will be plentiful, a few of the class highlights are:

**Create More Luminous Space: Connect with the Five Elements of Your Inner Nature to the Outer World**

**Get Connected to the Energy Within and Around You**

There is no need to allow the healing to stop once guests step indoors. The newest treatment, the Lodge Body Wrap- Detox will continue the healing with inspirations from the nature surrounding The Lodge at Woodloch is a perfect pairing. Guests can add a post Forest Bathing treatment to extend the benefits of the great outdoors.

**Lodge Body Wrap-** Enjoy a deluxe customized body wrap that will leave the skin healthy and renewed. Includes a relaxing scalp massage and invigorating foot massage.

Detox -Angelica Root and Irish Moss help to detoxify while infusing the skin with much needed minerals.

*50 minutes, \$140; 75 minutes (with full body massage), \$205*

**About The Lodge at Woodloch:**

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 500+ wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 58 luxury accommodations, a 40,000-square-foot spa, gourmet restaurant and more. Additional information and reservations are available toll-free at 1-800-WOODLOCH or visit [TheLodgeatWoodloch.com](http://TheLodgeatWoodloch.com), [Facebook.com/LodgeAtWoodloch](https://www.facebook.com/LodgeAtWoodloch), Twitter ([@LodgeatWoodloch](https://twitter.com/LodgeatWoodloch)) and Pinterest ([@LodgeatWoodloch](https://www.pinterest.com/LodgeatWoodloch)).

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