

The Lodge at Woodloch Creates Community-Focused Forest Bathing Program Bringing a Far-East Philosophy to The Poconos

FOR IMMEDIATE RELEASE: January 16, 2019; Hawley, PA- January is often the time to kick off new lifestyle goals of getting healthy and becoming more connected with self and others. Luckily, a local gem, The Lodge at Woodloch has a community-focused program to offer full support.

One of The Lodge's most popular programs is Forest Bathing. The philosophy, taken from studies and programs in Japan, is called Shinrin Yoku. While it sounds exotic, it is really quite simple...spending quality and mindful time in nature has monumental health benefits on one's body and mind. Scientific studies have shown that phytochemicals from the trees and plants of the forest help one's body and mind. Intentional time spent outdoors reduces stress, calms the mind and regulates one's heart rate among other benefits. The two-hour session will share this philosophy and practice and give practical tips on how to continue the practice at home. The community sessions will take place the first weekend of each month. The upcoming sessions are scheduled for:

February 3rd, 10am
March 3rd, 10am
April 7th, 10am
May 5th, 10am
June 2nd, 10am

Community Forest Bathing will be \$30 for the 2-hour session and will include a custom reusable water bottle. If community guests would like to add on a spa day pass, it will be discounted by 50% on those days (\$30 instead of \$60). Advanced sign-up (24 hour notice recommended) is required by calling the Spa Concierge at 800.WOODLOCH.

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, [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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