



## SOUND&SILENCE® FOREST WALK

*Journey into the Silence & Wellbeing*

Relax in silence, open your senses and deepen your nature connection by listening, seeing, feeling, touching, tasting and connecting – and feel the effects on your well-being!

Sound&Silence® forest walk combines silence to eco-therapeutic approach. They promote health by releasing stress and helping our brain and body to recover. You get possibility to deep and safe nature experience in intense silence. Sound&Silence® forest walk includes walking slowly in the forest, listening and feeling the nature, guided moments of connecting yourself into the nature and guided exercises of sensitizing the senses.

Peaceful being in forest with sensory training promotes our physical and mental well-being. Silence helps our brain to recover and grow (for example memory and concentration). It also helps us to find the way to peace in ourselves. Sound&Silence® nature tours calm down and open room for clearer senses and deeper experiencing. We walk slowly and there are a lot of moments of being and silent exercises.

- **Start: Oulu market place, police statue at 18.00 (transportation leaves at 18, please make sure to be on time!)**
- **Transportation to the forest area**
- **Divided into smaller groups for silence & exercises**
- **Guided Sound&Silence® forest walk including picnic lunch (sandwich + coffee/tea)**
- **Transportation back to Oulu market place at 20.30**

### **TO BE NOTICED:**

- **Extra layer of warm clothing needed since there's lot of moments of being and relaxing during forest walk.**
- **Sneakers or hiking boots are suitable shoes for forest walk.**
- **Light rain ponchos are provided by organizer in case of rain.**

**WELCOME TO RELAX AND ENJOY SILENCE!**

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