



FOREST BATHING IN SOUTH TYROL

# THE MIRAMONTI FOREST THERAPY

STRESS AND RECOVERY ASSESSMENT  
WITH WELLBEING COACH  
MARTIN KIEM

FINALLY ME. Use your holiday for a  
more conscious life,  
regeneration, motivation  
and healthy lifestyle.

From the 4th floor we go over the bridge into the forest. Experience this place of retreat and strength with your 5 senses.

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**DATE:**

Every Monday

**FROM:** 10 am - 1 pm, 3hrs

**MEETING POINT:** Reception

**PRICE:** € 45 per person

Please book in advance:  
[info@hotel-miramonti.com](mailto:info@hotel-miramonti.com)  
T. +39 0473 279335



MIRAMONTI  
BOUTIQUE HOTEL

# STRESS AND RECOVERY ASSESSMENT AT Miramonti Boutique Hotel

## NATURE HEALS. NATURAL GROUNDS. NATURE GIVES.

And you are invited to take your time, to fill up and to let go, at the Forest-Therapy. Guided and supported. Alone and in peace. Take the Nordic walking poles and wander through the woods on soft ground. About 30 acres of hardwood and softwood welcome you. They are the realm of recreation. Follow the panorama trail. Listen to the sound of nature. The chirping of birds, the murmur of the mountain stream, the rustle of the trees.

Step into an oasis of tranquility. No traffic, no rush, no deadlines. Just you and nature. Only your desires and your needs. Only your heart that opens to the spirit of the alpine beauty. After each step a little more. After each step a little easier. After each step a little closer to yourself as a part of our MIRAMONTI concept. Enjoy it.

## THE HISTORY OF THE MIRAMONTI-FOREST-THERAPY

This form of movement in and with nature is particularly close to my heart, as it helped me back into a livable, pain-free life. With the age of only 19 the Bekhterev's disease (AS) was diagnosed – with little chance of recovery. I sought help from various doctors, healers and therapists. But without the success I hoped for. I had to give up sports and the daily dose of aspirin has become a routine. Until I met one day by chance Dr. Andreas Kepeller, who spent his vacation at the MIRAMONTI. His trained eye saw at once that I was very limited and he found words of encouragement and comfort. By his advice, I found access to the forest and to the nature, and therefore, I was able to mobilize the musculoskeletal system and to fight actively against the disease. Long walks in the adjacent forest and special exercises according to „The 7 Aigelsreiter“ by Dr. Aigelsreiter helped me to live again without pain.

Even today, I invest regularly in my health and try to find peace and balance, as well as the necessary and purposeful movements.

## PACKAGE 1 „Forest Bathing“ € 45 per person

- 60 minutes Forest bathing workshop
- 2 hours Shinrin Yoku walk

## PACKAGE 2 „Biofeedback“ € 215 per person

- 24 hour stress and recovery profile
- 90 minutes Lifestyle Coaching

### „FOREST BATHING IN SOUTH TYROL“

Take a deep breath, please - on extended walks including breathing exercises in the middle of the wonderful foliage and coniferous forests, about four kilometers above Meran. The bioactive substances of the trees are the secret of „Forest Bathing“. Klaus Alber is also convinced of its healing power. The 30 hectares of nature around his - really substantial - boutique hotel „Miramonti“ helped him to recover from a chronic illness.

„ELLE | August 2017“

# STRESS AND RECOVERY ASSESSMENT AT Miramonti Boutique Hotel

## Product description

24 hour stress and recovery profile



Before the beginning of your lifestyle coaching session you will have the unique opportunity to wear a small biofeedback monitor for 24 hours. The monitor measures the activity in your autonomic nervous system, which is responsible for the stress and recovery responses in your body. The results of the assessment will be used as a foundation for your lifestyle coaching session.

- Your biofeedback report includes:
- 24 hour stress and recovery profile
- Chart about energy renewal and energy expenditure
- Sleep quality
- Heart rate, breathing rate etc.

## Lifestyle Coaching



At the start of your 60 minute coaching session you will discuss your current lifestyle with your coach. This includes areas such as exercise, nutrition, sleeping habits, social relationships and workload and how these areas impact your wellbeing. Afterwards, in conjunction with your coach, you will create a positive action plan with detailed goals. You will learn how to optimize your physiological and psychological resources in your everyday life to improve your overall wellbeing.

## Forest Bathing Workshop in the forest



In this 60 minute interactive workshop you will learn the basics of forest bathing from a theoretical as well as practical point of view. The workshop begins with a brief introduction about the history of forest bathing and how this kind of forest activity differentiates from traditional forest activities. Afterwards you will find out about the scientifically proven health benefits of forest bathing, which you will then have the chance to experience yourself on the Shinrin Yoku walk. The influence of forest bathing on your nervous system, hormone system and immune system will be discussed in detail.

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## Shinrin Yoku



Shinrin Yoku, which translates to “forest bathing”, is a nature based practice coming from Japan. The main intention of the practice is to reduce stress and to increase the general wellbeing of people. Since the 1980s in Japan, Shinrin Yoku is a government accepted therapy form that doctors often prescribe to their patients to reduce stress related symptoms.

During the two hour walk we will use a whole range of tools to help us slow down and to connect with ourselves and with nature. This is not a traditional walk but a sensory experience

in which we fully dive in with all our five senses into the forest experience. The benefits of Shinrin Yoku have already been shown many times in studies. Even a two hour Shinrin Yoku walk positively impacts your nervous system, hormone system and immune system.

## Your Wellbeing Coach: Martin Kiem



Martin studied work and organisational psychology in Innsbruck. After his degree he worked for over six years in Sydney, Australia as a psychologist and coach. With his business he has coached global CEO's who lead up to 12,000 employees. Since learning about meditation and mindfulness in a Nepalese monastery more than ten years ago, he incorporates its positive practices into his daily life. In early 2017 he returned back to his home, South Tyrol and is currently running Frontier Wellbeing Europe.

International certifications:

- Food and nutrition coaching
- Positive neuroplasticity training
- Nature- and forest therapy
- Biofeedback
- Permaculture design certificate