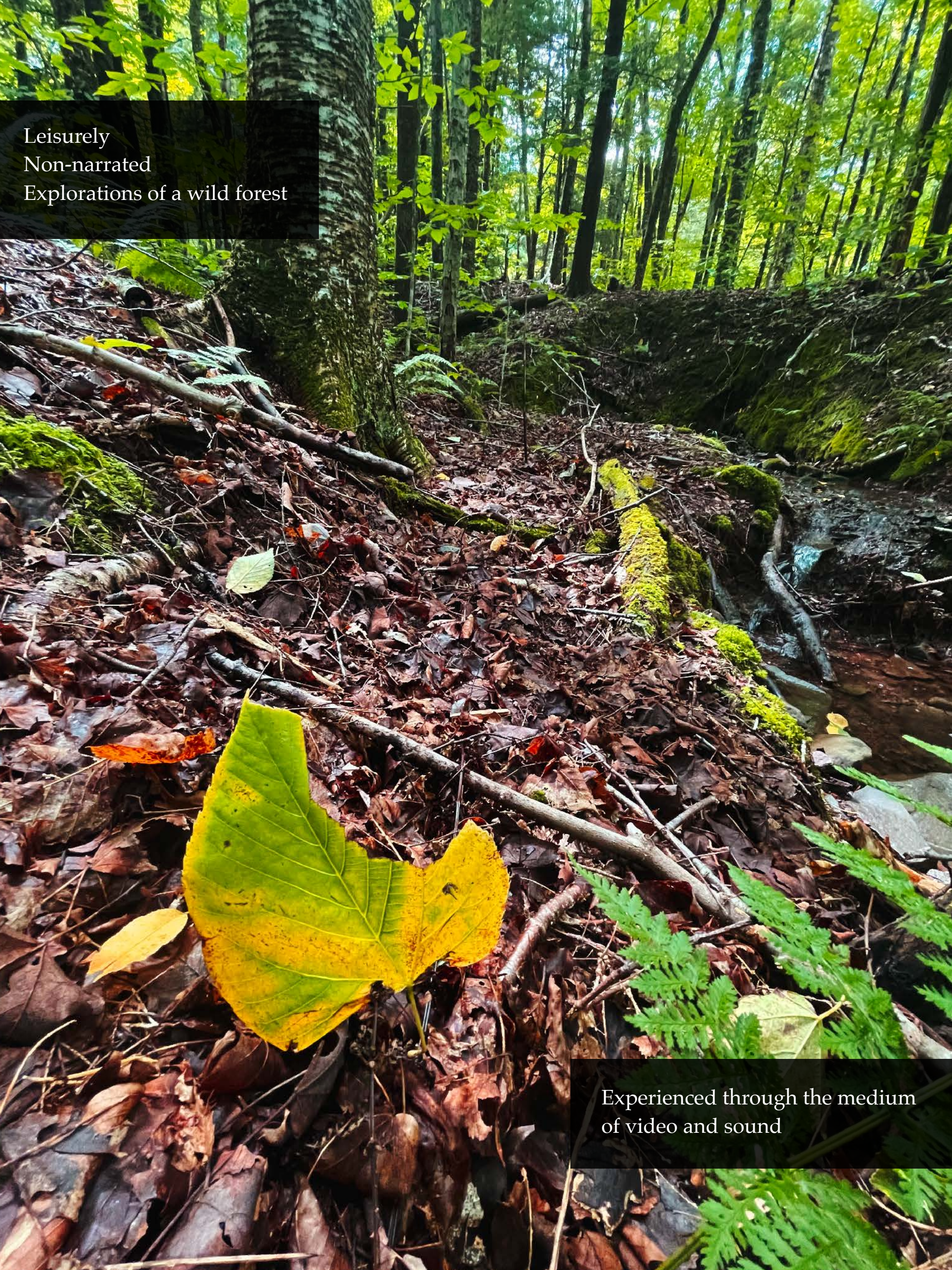




**Virtual Forest Baths (Shinrin Yoku)**  
by Zarah Cabañas

A digital accompaniment to the multimedia installation  
as part of the 33rd annual American Herbalists Guild Symposium



A photograph of a forest floor. In the foreground, there is a large, vibrant yellow-green leaf with some brown spots, resting on a bed of brown, fallen leaves and twigs. To the right, a small stream flows through the forest, with moss-covered logs and rocks in the water. The background is filled with tall, thin trees and dense green foliage, creating a sense of a wild, undisturbed forest.

Leisurely  
Non-narrated  
Explorations of a wild forest

Experienced through the medium  
of video and sound





## A STORY

Once upon a time  
During a global pandemic,  
The world stood still.

Amidst uncertain and often  
Devastating circumstances,  
The humdrum of human busyness  
Faded away,  
Unearthing nature's sure and steady rhythm.

I was seven months pregnant.  
We split for the forest.  
Our daughter was born in front of the fire  
To a world that had stood still.  
Little Uma took it all in as a given.

In the unhurried days,  
The trees held us close  
Entwining us in their slow, calm rhythms.  
Rhythms we've always known.  
Our senses expanded,  
The air was sweet,  
The trees...they've always known.

I relished in the big pause  
When people reconsidered their time,  
reimagined relationships,  
In every corner of the world.

And we all slowed down.

Zarah with daughter Uma. Photo by Jill Smith.



## PROCESS

This forest bath experience was created to help us connect to the rhythms of nature. The hour-long installation stitches a series of forest baths specifically shot to create a shinrin yoku experience for a virtual audience. Moments unfold naturally and occur without expectations.

Gathered from the Space Acres forest over three seasons in the Southwest Catskills of New York, 2022.





## BIO

Zarah Cabañas is the Co-Founder of Space Acres.

[acres.space](https://www.acres.space)

[@spaceacres](https://www.instagram.com/spaceacres)

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## EXPERIENCE

To view the full virtual forest bath collection, please  
visit [acres.space/virtualforestbaths](https://www.acres.space/virtualforestbaths)