



森の心・人の心

*Journey Through Life With the Wisdom of the Forest*

# Certificate of Completion

of Shinrin Yoku Guide Training (20 weeks online) accredited by Shinrin Yoku Association

## *Monika Faromin*

The title of Shinrin Yoku Guide/Forest Bathing Guide/Forest Therapy Guide is earned by demonstrating knowledge (50 hours of theory) and proficient use (10 practice sessions, each 2h minimum) of guiding techniques and nature connectedness skills to promote well-being of forest and the clients it serves.

Awarded on March 21, 2025, with the Credential ID: TMT1-0197-2025



Shinrin Yoku Association

ETHICAL AND EDUCATIONAL FRAMEWORK FOR  
EDUCATION, BUSINESSES, AND PRACTITIONERS



**Milena A. Guziak**

Founder of The Mindful  
Tourist - 森の心・人の心 &  
Shinrin Yoku Association