Nature and Forest Therapy Guide Training Program

with a focus on accessibility and inclusion

Application Process & Fee Schedule

Dates of next Training Cohort: March 1, 2026 - Aug 31, 2026

Length, Location and Timing
The online training program is 6-months in length. Each month, a new set of learning units will be made available on the course platform with nature connection practices, videos, readings and reference materials. With compassionate support of peers, mentors, and instructors, students will be expected to post responses to reflective questions online. Student are also expected to attend two Saturdays online live session (the first and the third Saturday of each month) from 11 am - 1 pm Pacific Time (2 pm - 4 pm Eastern Time). On the first day of the month, you will receive an overview of the current unit with access to online resources. During the first Saturday, we will welcome a guest educator. We will also be guided in nature connection practice, engage in presentations, reflections and group discussion on the topic being explored. The third Saturday is set aside for small group mentoring. Only if consensus is reached, can the time/date can be changed for this second Saturday live zoom session. An additional period of 2 months will be granted for students who want extra time to complete program assignments, including a program designed with your specific interests and population in mind. While this is an online training program, we emphasize community building, collaboration, compassion and co-learning. This may lead to in-person gatherings, programs or project collaborations.

Training Program Application, Acceptance and Payment Process
EcoWisdom aims to creates a caring and supportive community of people wishing to foster their relationships within the natural world. EcoWisdom teaches ways to create inclusive and accessible forest bathing programs called Accessible Nature Wellbeing Programs that can be used online or in-person with almost any population or the general public. For more info see **training page on website**. Research on the wellbeing benefits of EcoWisdom's program model can be found on the **research and writing page on website.**

Application Process
- Complete **Application** (online)
- Request an information zoom chat with EcoWisdom co-founders by emailing: **kari@ecowisdom.ca**
- Attend an EcoWisdom Nature Connection Program if possible, or Open House **here**)
- Pay non-refundable deposit of $500 via e-transfer to **donate@ecowisdom.ca** or paypal if you are an international student (email: degordon33@gmail.com to arrange). This will secure your spot.
- If successful, an acceptance letter will be issued to the applicant upon request that can be used by the trainee to request funding from community grants, organizations, employers, or professional societies.

Total Training Fee: $3,850 and Payment Timeline
- Deposit of **$500** as soon as possible, **deadline: Jan 10 2026** (to hold one of limited spaces)
- Apply for a $500 barter or a) social/environmental justice scholarship; b) target population scholarship (disability, LGBTQ2S, BIPOC, other); or c) Nancy Lear Scholarship by emailing: **kari@ecowisdom.ca**
- Pay remainder of fee as soon as possible, **deadline: Jan 30, 2026**

Questions: email **kari@ecowisdom.ca**