



WHERE NATURE AND NEIGHBORS MEET.

Forest Bathing and Nature Experiences

A peaceful guide to experiences and pricing at Meadows Farm

Come as you are. Leave a little lighter.

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Welcome to a Gentler Kind of Nature Experience

Our gentle forest and nature experiences invite you to slow down, breathe deeply, engage your senses, and notice the beauty around you.

Join Melinda Meadows, Certified Forest Bathing Guide, for an unhurried experience in the peaceful woods of Meadows Farm or at a local park near you.

No hiking or outdoor experience is required. These experiences are about being present - not reaching a destination.

What Is Forest Bathing

Forest bathing is not about swimming, strenuous hiking, or exercising. It is the practice of spending intentional, unhurried time surrounded by nature.

Rather than traveling quickly along a trail, we pause along the way. We notice the movement of the trees, listen for the sounds around us, feel the earth beneath our feet, and allow ourselves time to simply be present.

A Different Kind of Walk

Forest bathing is less about how far we walk and more about what we notice along the way.

We may stop beneath the trees, sit quietly beside the creek, listen for birds, notice changing light, explore natural textures, or spend peaceful time near the ponies.

Nature offers something different during every season. The experience may change with the weather, the landscape, and what is naturally present that day.

The goal is simple: to slow down, awaken your senses, and become more aware of the beauty already surrounding you.

What Your Time May Include

- A gentle, guided walk through the woods
- Calming breathing practices
- Quiet reflection
- Gratitude activities
- Time beside the creek
- Sensory exploration
- The Grateful Sense™
- Peaceful time with the ponies
- Simple ways to carry nature into everyday life

Every experience is gentle and adaptable. There is no pressure to perform, keep pace, reach a destination, or share more than feels comfortable.

Where We Can Meet

- In the woods at Meadows Farm
- Beside the creek or in another peaceful area of the farm
- At a mutually agreed-upon local park
- At your organization's outdoor space
- As part of a homeschool, family, church, nonprofit, or community gathering

Local travel within 20 miles of Meadows Farm is included. Additional travel may be available and will be quoted before booking.

Every experience is planned around the people attending, the location, the season, and what nature offers that day.

Forest Bathing Experience Pricing

Experience	What It Includes	Experience Cost
Private Forest Bathing Experience	60 Minutes A peaceful, personalized experience for one or two people. We will move slowly, pause often, and allow the natural surroundings to guide our time together. Your experience may include mindful walking, sensory invitations, gratitude, breathing, or quiet reflection.	\$75
Family Nature Experience	60 Minutes A gentle experience for families of up to five people. Activities are adapted to the ages, interests, and comfort levels of your family and may include a sensory walk, gratitude activities, creek time, nature exploration, or peaceful interaction with the ponies.	\$95
Small Group Experience	Groups of 6 to 10 (60 Minutes) A meaningful option for friends, homeschool groups, church groups, caregivers, volunteers, or anyone who would benefit from slowing down together.	\$20 per person \$120 minimum
Organizations and Custom Groups	Custom length and location Created for homeschool communities, nonprofits, churches, businesses, wellness groups, and other local organizations. Sessions may be held at Meadows Farm, a local park, or your organization's outdoor space.	Starting at \$150

Guided Farm Experiences and Free Farm Visits

Guided experiences are reserved for a specific amount of time and include personal guidance. Meeting the ponies and enjoying an open farm visit are different: they are free, relaxed ways to spend time at Meadows Farm.

Experience	Time and Gentle Description	Experience Cost
The Grateful Sense™ Experience	30 minutes A guided sensory nature practice to help visitors slow down, notice more, and practice gratitude. Includes a Grateful Sense™ carry card.	\$25 per person
Rooted Mini	15 to 30 minutes A short, guided nature experience with grounding, reflection, and time with the ponies.	\$10 to \$15 per person
Guided Nature Walk	20 to 30 minutes A slow, peaceful walk through the woods to notice, breathe, and reset.	\$10 per person
Custom Group and Cousin Camp	90 to 120 minutes A personalized farm experience created especially for your group.	Starting at \$100
Meet the Ponies	Self-paced during open farm visits Visiting and interacting with the ponies is free.	Free
Open Farm Visit	Self-paced during published open hours Visit the farm, take a walk, meet the ponies, and enjoy the peaceful surroundings.	Free to visit Donations welcome

Rooted Learning for Homeschool Programs

We also offer Rooted Learning ™, our own nature-based training program for homeschool groups and families. Children slow down, use their senses, ask questions, and learn through direct experience with nature, the farm, and the ponies. Contact us to plan a visit or custom series.

Meet Your Guide

Melinda Meadows is a Certified Forest Bathing Guide and the owner of Meadows Farm, a peaceful, pesticide-free nature preserve near Dadeville, Alabama.

Through gentle guidance, sensory exploration, gratitude, and The Grateful Sense™, Melinda helps people slow down and develop a more meaningful connection with the natural world.

Her approach is peaceful, personal, and grounded in the belief that sometimes we simply need permission to pause - and a welcoming place to begin.

What to Expect

Please wear comfortable clothing and closed-toe shoes appropriate for the weather and natural ground. You may also wish to bring water and insect repellent.

We will not be walking quickly or covering a long distance. We will move gently, pause along the way, and allow time to notice what is present.

No hiking or outdoor experience is required. Come as you are.

A Liability and Risk Waiver must be signed before entering the woods.

Schedule Your Experience

Weekday appointments are available at Meadows Farm and at local parks throughout the Dadeville, Lake Martin, Auburn, and Opelika areas.

To ask a question, plan a group experience, or schedule your visit, please send us a message or email:

meadowsfarmal@gmail.com

Meadows Farm
Where nature and neighbors meet.

Forest bathing is a nature-based wellness experience. It is not medical care, counseling, or mental-health treatment and is not intended to diagnose, treat, or cure a health condition.