



**Klaus King** – Das Kranzbach, Krün, Germany

**Title of presentation:** Experiencing nature as a factor in recovery

**Abstract:** People need contact with nature as a counterweight to city life, work-related stress and day-to-day anxiety. There is now scientific proof for what was previously an intuitive feeling – forests are good for us! The Das Kranzbach hotel is set in a secluded location in a romantic Alpine valley near Garmisch-Partenkirchen, with no neighbours, no town centre and no roads to disturb its tranquillity. The top priority is designing the hotel's services in tune with the natural resources of the surrounding area. In Japan they call it "shinrin-yoku". Forest therapy is officially recognised there and is promoted by the public health service. At Das Kranzbach, a hotel and wellness oasis, a full-time medical director gives guests all the information they need on forest bathing. Services also include talks on the effect of forest surroundings on the human body, as well as yoga and breathing exercises on the yoga platform in the heart of the forest. Das Kranzbach opened its latest attraction in July 2018: the Meditation House designed by Kengo Kuma. Meditation plays a significant role in the Far East. And at the Kranzbach, meditation in the middle of the forest brings a magical place to life. Breathe in – breathe out – breathe the forest.