

Earning my Forest Therapy (Sylvotherapy) certification deepened my appreciation for the healing power of nature. This certification reminded me of something I've always believed: nature has a special way of helping us slow down, connect, and simply be. I loved learning about the many ways forests support our physical, emotional, and mental well-being.

I am also excited to create more magical moments for our Apple Orchard children to experience wonder, exploration, and quiet moments of connection with our natural world.

~Heather Cedrone





I am excited to become a certified Forest Therapy Practitioner. Through this course, I am learning to recognize the healing qualities of the natural world and how to guide others in experiencing them. As I develop these skills, I will be able to bring these calming, restorative practices into my classroom, helping children build meaningful connections with nature while supporting their well-being.

I am truly grateful for the opportunity to learn, grow, and incorporate these practices into my teaching. Thank you so much for making this experience possible.

~Laurie DePinho