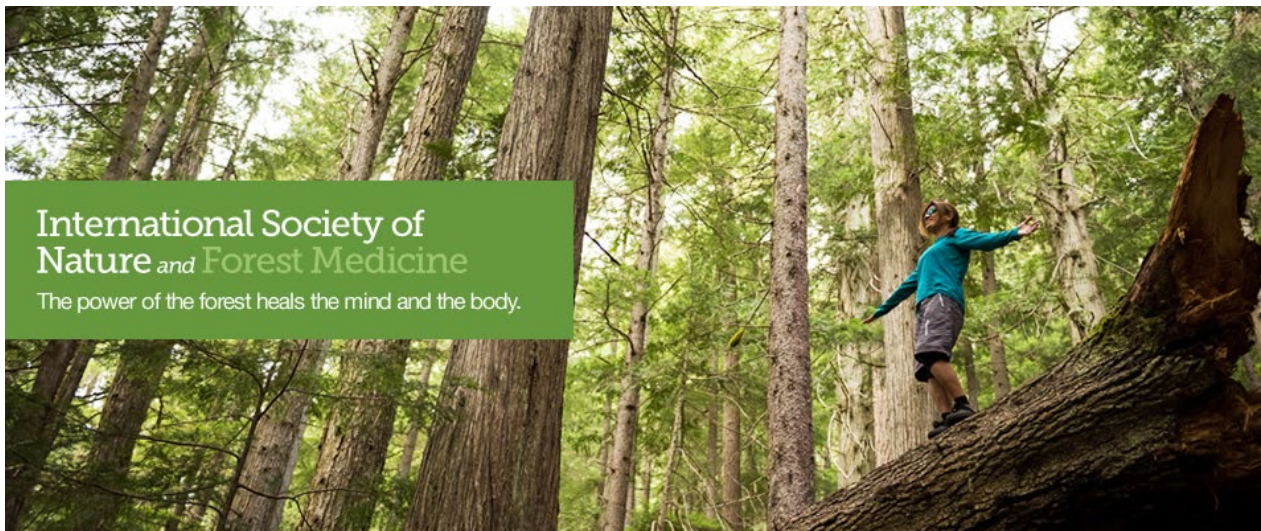




International Society of Nature and Forest Medicine



2025 INFOM International Seminar and Workshop

September 26-28, 2025

RAKO HANANOI HOTEL (Hotel in Nagano prefecture).

<https://www.hananoi.co.jp/>

〒392-0022 2-1200-3, Takashima, Suwa-shi, Nagano

TEL:0266-54-0555

Forest therapy base in Nagano prefecture

Akasawa Natural Recreation Forest: the birthplace of forest bathing in Japan

<https://www.japan.travel/en/japans-local-treasures/akasawa-natural-recreation-forest/>

The 5th INFOM International Seminar & Workshop 2025 in Japan

International Society of Nature and Forest Medicine (INFOM) will hold its 5th international seminar and workshop in English in September 2025.

If you complete this seminar and workshop, doctors can obtain an INFOM-certified international forest medicine specialist certificate.

Non-doctor participants can obtain an INFOM-certified international Shinrin-Yoku instructor certificate.

The certificate will be double-signed by President, Dr. Michiko Imai and Vice President and Secretary General, Dr. Qing Li.

Participants who have obtained a certificate at this seminar can conditionally apply to establish an INFOM chapter in their own country.

Date	September 26 (Fri), 27 (Sat), 28 (Sun), 2025
Maximum number of participants	50 people Doctors, Ayurveda Physicians and Chinese medicine doctors who would like to be qualified as INFOM-certified doctors. Participants who are not doctors will be issued a certificate of completion as well.
The detailed information Seminar & workshop	Seminar and workshop schedule (PDF)
Location	Stay on Friday (September 26,27): RAKO HANANOI HOTEL 2-1200-3 Takashima, Suwa City, Nagano Prefecture Seminar on Saturday (September 27): TECHNO PLAZA OKAYA 1-1-1 Honmachi, Okaya City, Nagano Prefecture, Japan,394-0028 Forest Therapy Practice on Sunday (September 28): Akasawa Natural Recreation Forest Ogawairi National Forest, Agematsu-cho, Kiso-gun, Nagano Prefecture, Japan
Participation fees	¥ 230,000 (Japanese Yen) (Tax included) This is the price for a twin room. A single room or one person

staying in a twin room will be ¥230,000 + 6,500 (Japanese Yen)
(Tax included).

The fee includes the followings:

1. Accommodation, transportation expenses, travel insurance and meals for participants.

2. Conference room fees

3. Seminar and Shinrin-yoku practice participate fees

4. The membership fee of INFOM (6,000 Japanese Yen)

For those who have already paid the membership fee (6,000 Japanese Yen) for this year, the annual membership fee will be subtracted.

5. Fees for INFOM-certified international forest medicine specialist certificate (doctor) and INFOM-certified international Shinrin-Yoku instructor certificate (non-doctor participants).

**Shinrin-Yoku Experience fees
after the seminar and
workshop**

The price is 240,000 JPY for 2 people in 1 room, +24,000 JPY for 1 person in 1 room.

Start of application

April 20, 2025

Deadline

August 25, 2025

Application and further more information, please contact the secretary.
shinrinyoku2025@gmail.com

Schedule overview (subject to change)

Day 1- September 26 (Frid), 2025

15:00~ Check-in at "RAKO HANANOI HOTEL" (Hotel in Nagano).

<https://www.hananoi.co.jp/>

〒392-0022 2-1200-3, Takashima, Suwa-shi, Nagano

TEL:0266-54-0555

Free time, No dinner

Day 2- September 27 (Sat), 2025

Location: Techno Plaza Okaya, Nagano prefecture

Timetable

7: 00 ~ breakfast

07:50 Departure from the hotel

08:30-17:00 INFOM Seminar (Place: Techno Plaza Okaya)

17:30 Return to the hotel

18:30-20:30 Dinner at the hotel 【Stay】 RAKO HANANOI HOTEL

Academic Seminar Program (08:30-17:00)

Chairperson: Prof. Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)

Program in the morning (8:30-12:00)

1. **Introduction of INFOM**
Michiko Imai, MD, PhD (President of INFOM)
2. **The effects of forest therapy (forest bathing/shinrin-yoku) on the human psycho-neuro-endocrino-immune network**
Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)
3. **The latest research findings on the health promotion and disease prevention effects of forest therapy (forest bathing/shinrin-yoku) using a randomized crossover study design on the human immune system**
Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)
4. **The effects of forest therapy (forest bathing/shinrin-yoku) on the human mental health**
Norimasa, Takayama, Ph.D. (Forestry and Forest Products Research Institute)
5. **The activities of forest therapy (forest bathing/shinrin-yoku) in the birthplace of forest bathing in Japan (Akasawa Forests)**
Kumeda, MD, Ph.D. (Kiso Hospital)

< Lunch break > 12:00-13:00

Program in the afternoon (13:00-17:00)

1. **Research on the Differences Between Urban-Related and Forest-Related Stimuli (Indoor Experiments) ~Review of research by the Miyazaki Laboratory at Chiba University from 2016 to 2018 ~**
Hiroshi Takayama MD, PhD (INFOM certified forest medicine specialist)
2. **Randomized Controlled Trial on the Efficacy of Forest Walking Compared to Urban Walking in Enhancing Mucosal Immunity**
Hiroko Ochiai MD, PhD (INFOM certified forest medicine specialist)
3. **Sleep Apnea Syndrome and Shinrin-Yoku**
Masami Miyazaki, Professor Emeritus (Waseda university Faculty of Human Sciences)
4. **Practical Lectures on 「Forest Therapy® with Doctors」 by INFOM certified forest medicine specialist**
Mayumi Watanabe MD, PhD (INFOM certified forest medicine specialist)
Jun Fukuda MD, PhD (INFOM certified forest medicine specialist)
5. **Shinrin-Yoku base in Chinese Taipei**
Zhiyuan Hong (Forest Union)
6. **Information about INFOM**
Kento Sasaki (INFOM Secretariat)

18:30-20:30 Welcome dinner party at the hotel

- Forest Therapy Practice (September 28, 09:50-15:00)

Location: Akazawa Natural Recreation Forest

Dr. Michiko Imai, Dr. Qing Li
And other staff will be in charge.

07:30 Depart by private bus for forest bathing (travel time about 30 min)

09:50-10:20 Measuring blood pressure, pulse rate, and SPO2 and taking questionnaire

10:20-12:30 On-site workshop (forest therapy practice) at forest therapy base in Nagano:**Akasawa Natural Recreation Forest,**

(Lunch included)

13:30-14:00 Measuring blood pressure, pulse rate, and SPO2 and taking questionnaire at a meeting room in

the forest (After forest bathing)

14:00-15:00 Presentation of certificates of completion and closing ceremony

Application form for Seminar & Workshop

<https://docs.google.com/forms/d/e/1FAIpQLSew6EfobgbV6PqZZOrnjzLiHbBCDWsraxRUZmWfgawYu-ai2Q/viewform?usp=header>

Schedule for Shinrin-Yoku Experience after the seminar and workshop (September 28 -October 1)

After the workshop on the 28th, Head to Saku City, Nagano Prefecture by private bus.

Forest therapy bases: 29th,30thSaku City "Hirao no Mori", "Kasuga no Mori", October 1 Gunma Prefecture Kanra-Town Forest Therapy Road. In addition to Shinrin-Yoku, we can also enjoy local sightseeing and hot springs. Chairman Imai will accompany you throughout the entire trip. President Imai will accompany you throughout the entire trip.

The Price is 240,000 JPY for 2 people in 1 room, +24,000 JPY for 1 person in 1 room.

The detailed information on forest bathing Experience is as follows.

- [Schedule of optional tour PDF](#)

Application form for optional tour

<https://docs.google.com/forms/d/e/1FAIpQLSew6EfobgbV6PqZZOrnjzLiHbBCDWsraxRUZmWfgawYu-ai2Q/viewform?usp=header>

Application deadline: August 25, 2025

Optional tour to visit the Expo 2025 Osaka, Kansai, Japan

Subject: Group ticket reservations for [[Expo 2025 Osaka, Kansai, Japan]]

If participants would like to visit the Expo 2025 Osaka, Kansai, Japan before the seminars and workshops, we offer the following optional tour:

If you would like to visit the Expo 2025 Osaka, Kansai, Japan before the seminars and workshops, it is better to fly to Osaka.

If you do not to visit the Expo 2025 Osaka, Kansai, Japan before the seminars and workshops, Tokyo will be the starting point for the events.

To INFOM members considering visiting [[Expo 2025 Osaka, Kansai, Japan]]

We are offering a group discount to the Expo. The visit will be on September 25th.

A minimum of 15 people must attend to receive the group ticket rate.

Click here for detailed itinerary information:

[Schedule of Expo 2025 Osaka, Kansai, Japan in PDF](#)

The participation fee is 92,000 yen. If you would like to stay at the hotel for one person, there will be an additional 12,000 yen charge.

The participation fee includes:

- One-day group ticket to the Expo
- Two nights' accommodation (September 24th and 25th)
- Chartered bus transfers from the hotel to the Expo site and from the hotel to the INFOM site

Please apply through the INFOM Seminar & Workshop application form.

Once we have confirmed that 15 or more people are participating, we will contact you again regarding payment procedures.

EXPO URL

<https://www.expo2025.or.jp/en/>

The Expo2025 Pavilions

[Introduction of Expo 2025 Osaka, Kansai, Japan in PDF](#)

[The 5th INFOM International Seminar & Workshop 2025 in Japan PDF DOWNLOAD\(PDF\)](#)

You can find the information of the previous INFOM International Seminar & Workshop in Japan from the

following websites.

The 1st seminar & workshop in 2018: https://www.infom.org/symposiums/symposium_2018.html

We certified 17 international forest therapists and forest medicine doctors from around the world.



The 2nd seminar & workshop in 2019: https://www.infom.org/symposiums/workshop_2019.html

We certified 38 international forest therapists and forest medicine doctors from around the world.



The 3rd seminar & workshop in 2023: <https://www.infom.org/news/2024/01/19.html>

We certified 26 international Shinrin-yoku instructors and forest medicine doctors from around the world.



The 4th seminar & workshop in 2024: <https://www.infom.org/news/2024/11/18-4.html>

We certified 31 international Shinrin-yoku instructors and forest medicine doctors from around the world.

