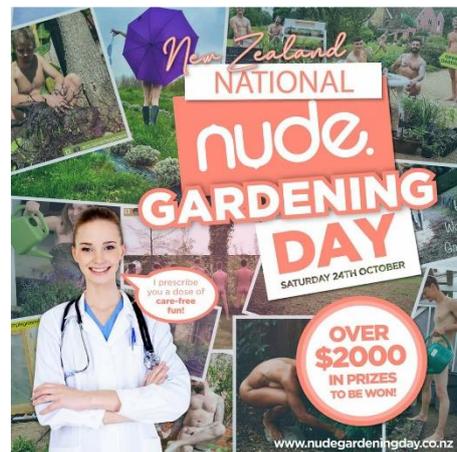


Once again, the NZ Naturist Federation teamed up with Yates to promote NZ National Gardening Week (Oct 19<sup>th</sup>-26<sup>th</sup>) now in its fifth year that also coincided with Nude Gardening Day held over the Labour Weekend.

The NZNF is grateful to Yates for the supply of seeds for planting at its nationwide clubs, with the theme this year being “Plants for a Better Planet”, which has never been more important for food, the environment and health.

This year also saw a focus on “Bush Bathing”, the NZ version of the Japanese practice of *Shinrin Yoku* or ‘Forest Bathing’ that is based on the premise that nature has a profound effect on our overall well-being. Something much needed in light of the global pandemic currently raging around the world.



Fiona Arthur from Yates says, “gardening has long been recognised as a natural health boosting exercise and bush bathing takes the health benefits to a whole other level. With increasing evidence that exposure to plants and green space is beneficial to mental and physical health...plus you soak up Vitamin D which improves mood and reduces stress”.

NZNF’s president Wendy Lowe, says “the philosophy of naturists aligns beautifully with that of bush bathing. There is nothing more liberating than removing your clothes and connecting with nature, enjoying the air and sun on your body. It is almost meditational in itself. But bush bathing takes the experience further as you can truly connect with what is around you”.



Many clubs around the country participated in National Gardening Week. If they were not planting or bush bathing, they were taking the opportunity to tidy up their grounds in readiness for the forthcoming summer or holding open days, social events like Tulip Cream Teas; a fundraiser for the Parkinson’s society or community events like rubbish clean ups.

It was stiff competition out there to garner any sort of media attention for National Gardening week due to the recent elections and latest Covid-19 developments. But naturism in NZ did manage to get some media exposure via Lynn River; a Geraldine company that caters to NZ’s workplace safety needs, with their national gardening day nude photo competition for a calendar. Which was rather fun.

Watch it here:

<https://www.tvnz.co.nz/one-news/new-zealand/avid-gardeners-pot-prune-and-bare-all-national-nude-gardening-day?fbclid=IwAR2pBYoFbsOCLVsN5wGHlgPm49cRACADHn0i3h7pIBNot8dpObr7Ys0189s>

Or order your calendar with the winning entries here:

<https://www.nudegardeningday.co.nz>