

Reference Book



Vanaprâstha

***A Synthesis Of Future Tourism
(a Soulful Odyssey)***

Wiwin Suyasa
Amiluhur Soeroso
Nur Widiyanto

Vanaprastha: A Synthesis of Future Tourism (a soulful odyssey)

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The Book Review

If quality is measured by sustainability and concerns for local culture and environment, Vanaprastha tourism is undoubtedly one of the answers.

This term might be strange for some people, but this book would give the readers a total account of this new alternative tourism, combining the new age of travel and the traditional way of spending time. A must-read book for everyone who is concerned with sustainable and alternative tourism.

Ida Pandita Mpu Jaya Brahmananda

(Prof. Dr. Ir. I Gde Pitana M, Sc.)

Professor of Tourism and Balinese Hindu High Priest



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CHAPTER 1

Harmony of Balinese Nature

Humans are ancient creatures who live in the modern era; human evolution is closely related to the evolution of the natural surroundings (David W.F, 1993). So naturally, the balance of human life should be in harmony with the balance of nature (Price, 2019). Thus, human contact with nature is an absolute requirement so that humans can live physically and mentally healthy. (Farrow, M. and Washburn, 2019). This biological need to connect with nature and other living systems has been called biophilia, a concept made popular by the American biologist E.O. Wilson in 1984. The concept of human connection to nature tradition of going into the forest is known almost throughout Asia by various names. For example, in Japan, the ancient tradition of forest walks to reduce tension and mental fatigue is called *Shinrin-yoku*.

This term was re-invented in 1982 by Tomohide Akiyama, who was the Director General of the Agency of Agriculture, Forestry and Fisheries of Japan, as part of a campaign to protect the forest, which stated that the people of Japan need nature healing by means that if the people encourage to visit the forest for health reasons, they would be more likely willing to protect and look after the forest. Since then, research on forest bathing has emerged (Li, 2018). In his book on *Shinrin-yoku: the art and science of forest bathing*, Dr. Qing Li

CHAPTER 2

Vanaprastha



It was the word of *Wana* (the forest) that intrigued and sparked my curiosity to explore further the existence of forests and how we can take as much as a possible advantage of the fact that Indonesia is covered with rain forest, and it would be an ideal as a place of learning, a place for contemplation or a place for mental recharge, and even a place to improve wellness. Interestingly, there are ancient Javanese and Balinese words of *Vana-prastha* or *Vanaprastha*, rooted in the ancient Hindu philosophy, commonly

CHAPTER 3

Eco-tourism



Forests play a vital role in life; it is irreplaceable. The planet earth is dependent on the forest's existence. Forests protect the land from erosion and instability; forests purify the water, the water usage for gardening and farming so that humans survive and do not run out of food. The most valuable thing is that the forest cleans the air and provides oxygen for any living thing to breathe. Oxygen is a vital element that living things cannot survive without within seconds.

CHAPTER 4

Wellness

The shared understanding of "health" and "wellness" are interchangeably used; however, The World Health Organization (WHO) has identified health as "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity". Although the common understanding of wellness can be defined similarly, some scholars and the National Wellness Institute suggest that wellness can be defined as an active process through which people become aware of and choose a more successful existence. Usually, health is referred to as physical health and well-being are referred to as mental health, (Davis, 2022). Wellness is a modern word that has ancient roots. The tenets of wellness as a preventive and holistic approach to health remain trackable to the ancient civilization of the east and the west. The Global Wellness Institute indicates the evolution of wellness starting in the Ayurvedic period 3000 to 1,500 BC, a holistic approach to creating harmony of body, mind and soul through unique personal nutritional system, exercise, social interaction and hygiene needs). Traditional Chinese medicine from 3000 to 2000 B.C. is considered one of the oldest medicine systems such as herbal medicine, acupuncture, Qi Gong and Tai Chi. Ancient Greek medicine from 500 B.C. to ancient Roman 50 B.C. emphasized preventing sickness and public sanitation.



CHAPTER 5

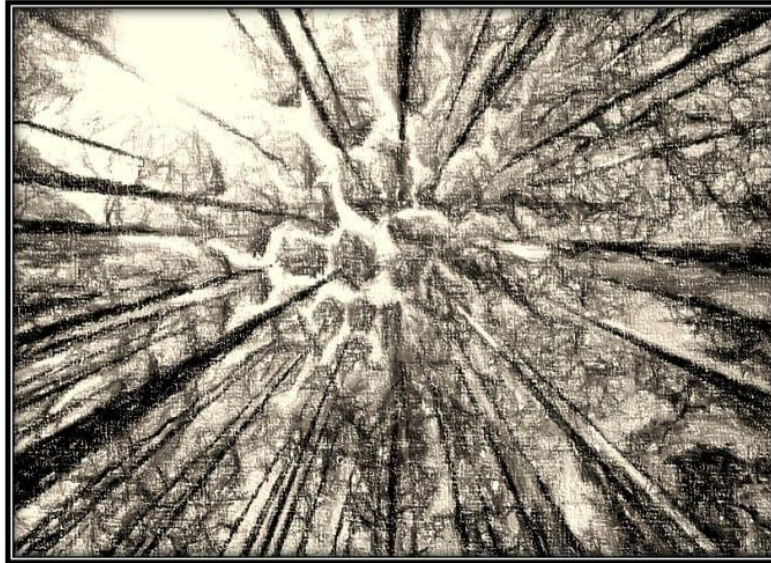
Forest Bathing



Dr Qing Li is one of the researchers from the "Department of Hygiene and Public Health Japan" who is most passionate about researching the effect of forest bathing on health; he conducted further research on the effect of forest bathing on a person's immunity through the method of comparing and measuring the activity of Natural Killer (NK) lymphocytes in the blood. The NK lymphocyte activity was measured by the levels of granulysin,

CHAPTER 6

Synthesizing Vanaprastha Tourism



The synthesis of vanaprastha tourism is based on empirical observations of the existence of ecotourism, wellness, forest bathing, and the philosophical values of vanaprastha. Meanwhile, those living in modern urban areas face the weighty demands of office work and fast-paced industrial activities, often resulting in stress and

CHAPTER 7

Closure



In the vast landscape of tourism, where travelers seek experiences that not only rejuvenate their spirits but also leave an indelible mark on their souls, the concept of Vanaprastha Tourism

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The Authors Profile

I Gede Wiwin Suyasa, a prominent tourism professional with over thirty years of experience in hotel management, tour and travel, professional convention organizing, and destination management. He earned his Certified Hospitality Educator (CHE) from American Hotel and Lodging Educational Institute (AHLEI) in 2010, Certified Hotel Administrator (CHA) also from AHLEI in 2015, and became AHLEI academic instructor since 2018. He just completed his tourism master's degree in July 2023. He has conducted industrial research on business feasibility, marketing, and hotel operations. His initial academic research was started in 2021, focusing on forest bathing related to tourism attraction and mitigation. His other research interests are gastronomic travel and energy conservation related to tourism were published in 2022.

Amiluhur Soeroso obtained his Ph.D. in environmental science from the Gadjah Mada University in 2007. Currently he is the dean of magister study program in tourism at Ambarrukmo Tourism Institute. He is also a lecturer in Energy and Environmental Policy at the magister program of Public Administration, Political Science faculty at Gadjah Mada University. Numbers of his research were focused in ecotourism, natural resources and environmental economics, cultural economics and tourism economics. recently, he become a specialist coordinator of national experts in Indonesia's World Heritage Sites Management Body. He has written many articles and papers presented at various national and international

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Dr. Nur Widiyanto, M.A graduated from Public Policy Department, Jenderal Soedirman University, Purwokerto Central Java. He earned his master's degree in Cultural Anthropology from Gadjah Mada University and Inter-Religious and Cultural Studies Department at the Post Graduate School, Gadjah Mada University, for his doctoral degree. He has conducted a series of research focused on cultural studies and tourism in Southeast Asia as he conducted in Sabah, Penang, and Langkawi in Malaysia and Bali, Yogyakarta, Sangihe Islands, West Java in Indonesia, Seoul, and Phuket, Thailand,