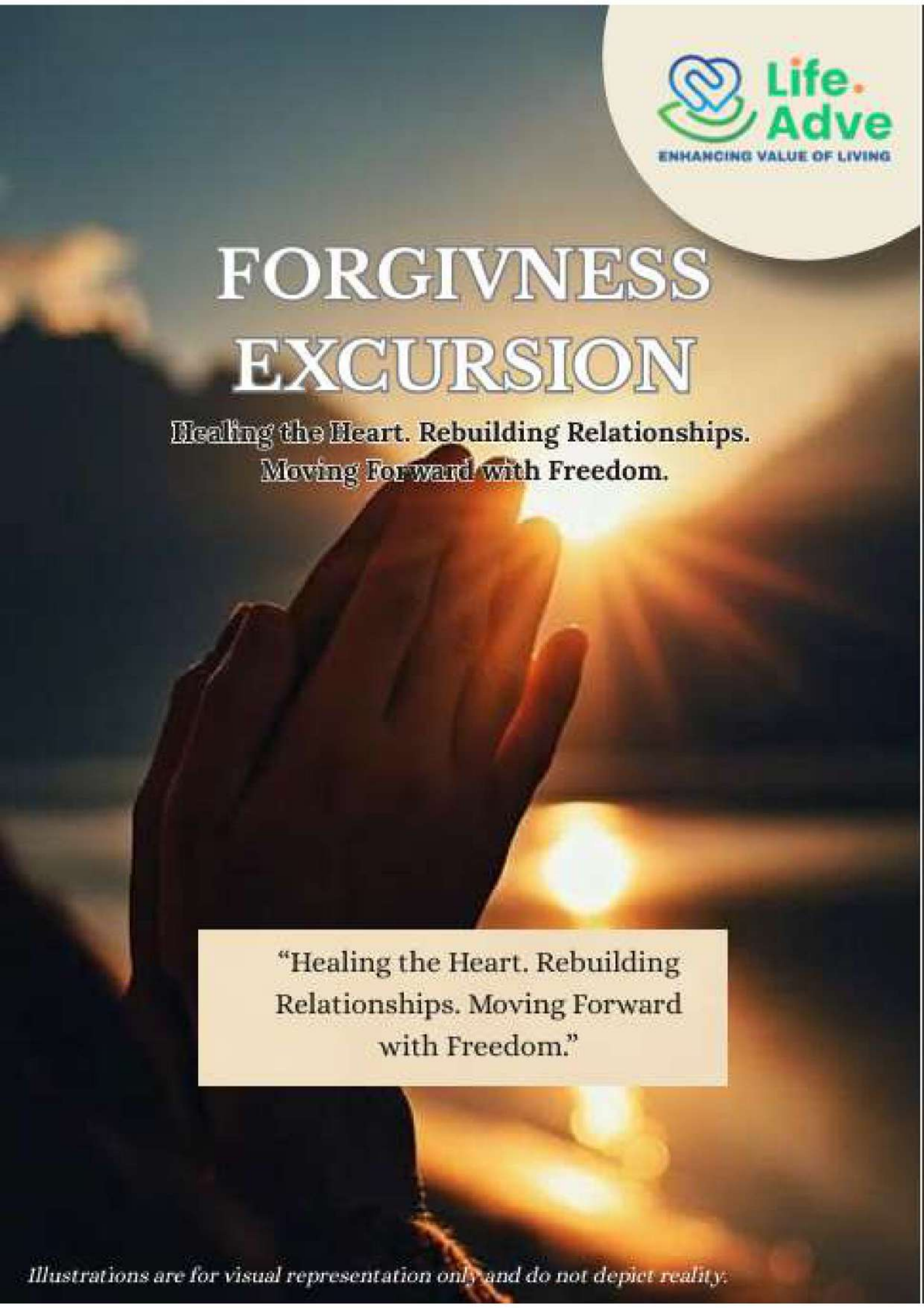

Life.
Adve
ENHANCING VALUE OF LIVING
FORGIVNESS
EXCURSION
Healing the Heart. Rebuilding Relationships.
Moving Forward with Freedom.
"Healing the Heart. Rebuilding Relationships. Moving Forward with Freedom."
Illustrations are for visual representation only and do not depict reality.

OVERVIEW

Every meaningful relationship experiences misunderstandings, disappointments, mistakes, and emotional pain. Whether within families, friendships, marriages, workplaces, or even within ourselves, unresolved hurt often becomes a barrier to trust, peace, and emotional well-being.

The LifeAdve Forgiveness Excursion is a deeply reflective experiential journey that combines Adventure Therapy, Nature-Based Healing, Positive Psychology, Emotional Intelligence, and Mindfulness. Through symbolic activities, guided reflection, storytelling, nature experiences, and compassionate dialogue, participants gradually release emotional burdens and create space for healing, resilience, and hope.

Excursion Profile

Objective- To help participants understand forgiveness, process emotional hurt, release resentment, rebuild healthy relationships where appropriate, and develop inner peace.

Relationship Focus-Self-forgiveness, family relationships, friendships, couples, workplace relationships, emotional healing.

Target Participants- Adolescents, adults, couples, families, educators, professionals, community groups, counsellors.

Recommended Age- 16 years and above

Group Size- 10–30 participants

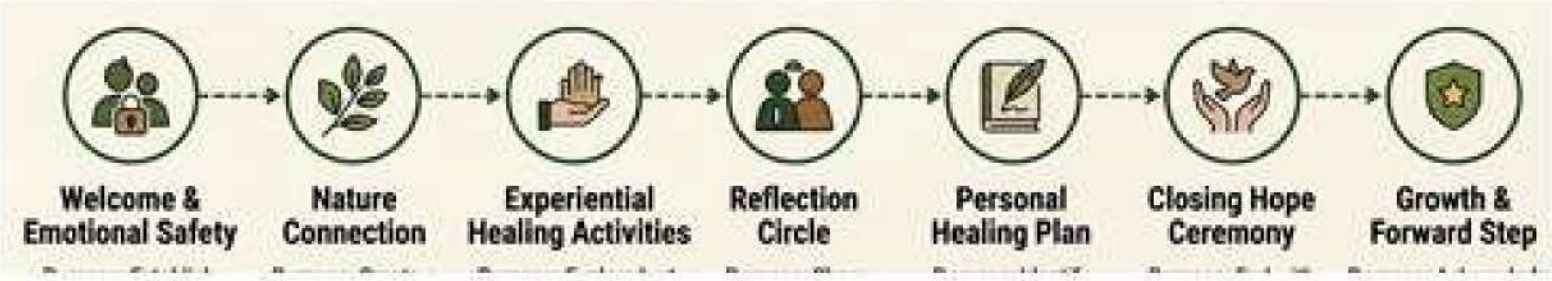
Duration- One-day (6–8 hours), Weekend Healing Retreat, or Two-day Residential Program.

Venue- Nature retreat, forest trail, lakeside, riverside, meditation centre, eco-resort, campsite.

Difficulty Level- Emotionally reflective; physically easy.

Facilitators Required- Certified LifeAdve Facilitator and Psychologist/Counsellor (strongly recommended).

Excursion Flow



SIGNATURE ADVENTURE & EXPERIENTIAL ACTIVITIES



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48- Hours Commitment

GRATITUDE / FORGIVENESS LETTER → MISUNDERSTANDING RESOLUTION → SINCERE APOLOGY → SEEK SUPPORT → SELF-FORGIVENESS AFFIRMATION → REFLECT IN NATURE

The 7 Day Healing Challenge

QUIET REFLECTION → SELF-KINDNESS → COMPASSIONATE PERSPECTIVE → JOURNAL ENTRY → EXPRESS APPRECIATION → TIME IN NATURE → RELATIONSHIP HEALING STEP STEP



Take home Tool-Kit

- LifeAdve Forgiveness & Healing Journal
- 30-Day Emotional Healing Challenge
- Self-Compassion Practice Cards
- Guided Reflection Worksheets
- Boundaries Reminder Card
- Nature Meditation Guide
- Gratitude & Forgiveness Calendar
- Personal Healing Action Planner

Expected Outcomes

1. Gain a healthier understanding of forgiveness.
2. Experience reduced emotional burden and resentment.
3. Develop greater self-compassion and empathy.
4. Improve emotional resilience and mental well-being.
5. Strengthen healthy relationships where possible.
6. Learn to distinguish forgiveness from reconciliation and maintain appropriate boundaries.
7. Build practical habits that support long-term emotional healing.

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8208455166

support@lifeadve.com

lifeadve.com

life.adve