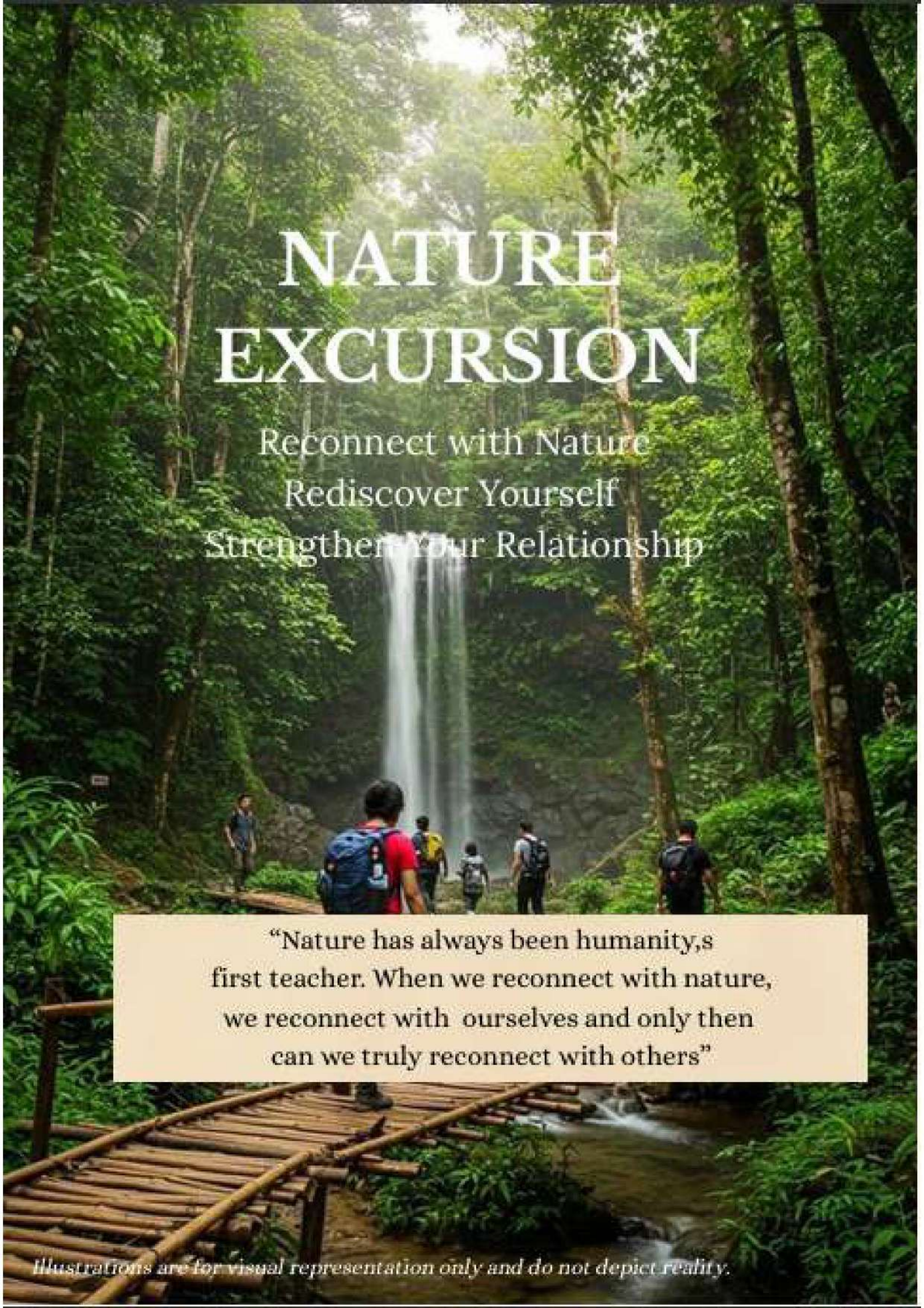

NATURE
EXCURSION
Reconnect with Nature
Rediscover Yourself
Strengthen Your Relationship
"Nature has always been humanity,s
first teacher. When we reconnect with nature,
we reconnect with ourselves and only then
can we truly reconnect with others"
Illustrations are for visual representation only and do not depict reality.

OVERVIEW

Modern life has distanced us from one of our greatest sources of healing —Nature. Long hours indoors, digital dependency, fast-paced lifestyles, and increasing stress have weakened not only our connection with the natural world but also our relationships with ourselves and the people around us.

The LifeAdve Nature Excursion is a restorative experiential journey that blends Adventure Therapy, Ecopsychology, Mindfulness, Nature-Based Learning, and Reflective Practice.

This excursion encourages participants to slow down, observe deeply, reflect intentionally, and return home with renewed clarity, emotional balance, and healthier relationships.

Excursion profile

Objective: Promote emotional well-being, self-awareness, mindfulness, and healthier relationships through immersive experiences in nature.

Relationship Focus: Relationship with self, others, nature, gratitude, emotional regulation, mindfulness, and resilience.

Target Participants: Children, adolescents, parents, families, college students, educators, corporate teams, counsellors, and community groups.

Recommended Age: 8 years and above

Group Size: 10–40 participants

Duration: Half-day (4 hours), One-day (6–8 hours), or Weekend Nature Retreat

Venue: Forest trails, botanical gardens, national parks, eco-parks, lakesides, farms, hills, nature reserves, and campsites

Difficulty Level: Easy

Facilitators Required: Certified LifeAdve Facilitator; Naturalist optional; Psychologist recommended for therapeutic groups.

Excursion Flow

1. WELCOME & NATURE ORIENTATION
2. NATURE IMMERSION
3. EXPERIENTIAL ACTIVITIES
4. REFLECTION CIRCLE
5. PERSONAL REFLECTION
6. GRATITUDE RITUAL

SIGNATURE ADVENTURE & EXPERIENTIAL ACTIVITIES

1 Forest Bathing (Shinrin-Yoku)



- ✓ Mindfulness
- ✓ Emotional Well-being
- ✓ Presence

2 Nature Observation Challenge



- ✓ Attention
- ✓ Curiosity
- ✓ Connection

3 Nature's Classroom



- ✓ Learning
- ✓ Adaptability
- ✓ Insight

4 Gratitude to Nature Ritual



- ✓ Gratitude
- ✓ Appreciation
- ✓ Humility

5 Leave No Trace Challenge



- ✓ Responsibility
- ✓ Teamwork
- ✓ Care

What particiapnts take back

- Inner Peace & Clarity
- Stronger Relationships
- Patience & Observation
- Gratitude & Compassion
- Practical Habits for Well-being
- Renewed Energy

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Ideal for Organization

Corporate Companies	NGOs & Social Sector	Educational Institutions
Healthcare Teams	Government Departments	Startups & Entrepreneurial Teams
Project Teams	Leadership Development Programs	Counseling & Wellness Centers

Expected Outcome

1. Stronger workplace relationships and trust among teams
2. Improved communication, collaboration, and problem-solving
3. Higher engagement, motivation, and productivity
4. Better conflict management and teamwork
5. Enhanced leadership and team-level effectiveness
6. Healthier, happier, and more resilient teams

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