

REFRESH THROUGH NATURE



People all over the world are adjusting to the changes in how we live and how we work. For all these shifts, there is the constant of the natural world. It is a part of everyday life and can serve as a source of energy and creativity as well as solace.

The *Refresh through Nature* program allows an organization to address the well-being of its people through an exposure to nature. Ways to accomplish this include: intentional walking

sessions, artistic creations, plant-based activities, and Nature Refresh outings. Many of the programs can be adapted to occur at the workplace or virtually.

INTENTIONAL WALKS

Sensory Awareness Walk:

Our senses enhance any experience in nature. Learn to develop an awareness of natural surroundings and slow your pace by paying attention to the sights, sounds, textures, and scents all around.

Journey to Well-being:

An intentional walking program, designed to experience the calming, restorative powers of nature. After an initial tour of the Japanese Garden, participants complete themed walks on their personal schedule, utilizing a specially-designed guidebook.

ARTISTIC CREATIONS

Flower Arranging:

Explore a variety of seasonal flowers and foliage to create a unique arrangement.

Nature Mandalas:

Nature mandalas encourage a mindfulness practice as participants create a mandala utilizing nature materials.

PLANT-BASED ACTIVITIES

Herbal Tea:

Learn about various ingredients, explore the qualities of each herb, and create a unique blend for herbal tea.

Houseplant Propagation:

Explore the unique characteristics of various house plants. Learn the process of propagation and pot a plant of your choice.

NATURE REFRESH OUTINGS

Half- or full-day sessions include one meal, beverage service, and a menu of activities. Each session consists of 1–3 nature based activities such as flower arranging, herbal tea, nature printing, herb bundles, and more. In addition, participants will experience a guided tour of 1–2 areas of the Missouri Botanical Garden.



MISSOURI
BOTANICAL
GARDEN

For pricing and scheduling information, contact
MBGTherapeuticHorticulture@mobot.org