

ACTIVITY OPTIONS



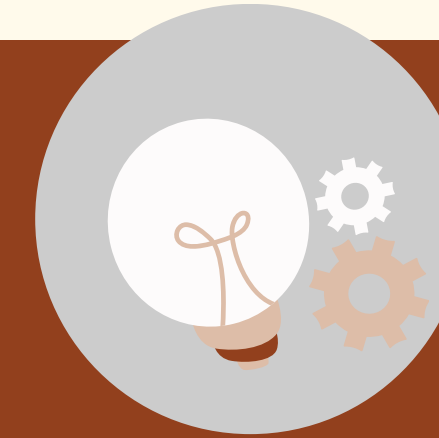
SOUND & MUSIC

- *Relaxing Sound Healing, Shamanic Sound Journey or Gong Bath
- *Yoga of Sound / Chakra Tuning
- *Floating Sound Bath (in water)
- *Sound Massage Therapy (2 max)
- *Composing Music Together (using, body, voice, plants, instruments)
- *Voice Activation (meditative, healing or interactive)
- *Healing Soundscapes Concert (with loops, effects, rhythms)
- *Fire, Music & Song Ceremony
- *Augmented Healing, with recorded music (classical to ecstatic dance)



NATURE

- *Nature-themed Yoga session
- *Garden Sensitive Adventures
- *Meditation with a Tree and its music (with TheMusicOfThePlant™)
- *Mindful Trekking (Pekoe Trails)
- *Water-Connection (WildBlue™)
- *Nature Sounds (sonic walkshop)
- *'Learning from Nature' Workshop
- *Nature Ceremony (co-creation)
- *Family fun educational Games
- *Sensory Foraging
- *Meditative and Healing Concert (TheMusicOfThePlant™ + Healing Soundscapes)



MULTI MODALITIES

Nature & Sound activities can be potentially combined with :

- ***The Body** (Somatic work, Innerdance, Kundalini activation, Yoga, Body as an Instrument...)
- ***The Voice** (Voice Activation, Mantra Chanting, Chakra Toning...)
- ***The Arts** (Co-creation, Therapeutic expression, Gazing meditation...)
- ***Mindfulness** (breathing, sensing connecting, listening, feeling...)
- ***Education** (Plant Intelligence, Green Practices, Forestry...)
- ***Other healing modalities** (EFT, Shamanism, Ho'oponopono, Ayurveda, Reiki...),

Optional guest experts / practitioners can be invited