



Full-day Program

Pause & Reset for Resilience & Creativity

Morning

9:00 AM - Arrival and Welcome

- Tea/coffee, light snacks.
- Short intro: purpose of the day, what Forest Bathing is, “leaving work behind.”

9:30 AM - Opening Circle & Grouding

- Breathing practice, gentle stretches.
- Set group intention.

10:00 AM - Forest Bathing Walk

- Invitations: sensory awakening, noticing movement of light, mindful walking.
- Solo reflection time.

11:30 AM - Sharing Circle

- Group reflection

12:00 PM - Lunch in Nature

- Enjoy picnic Lunch



Afternoon

1:00 PM - Creativity in Nature

- Nature craft
- Journaling

2:30 PM - Restorative Walk

- Focus on relaxation + recharging.

3:30 PM - Restorative Walk

- Reflect on how today's experience can be brought into the workplace.
- Facilitated discussion: stress management, communication, creativity.

4:30 PM - Closing Circle & Tea Ceremony

- Gentle gratitude practice, group reflection.

5:00 PM - Departure