



Kids of Nature

---

# Nature Therapy

---



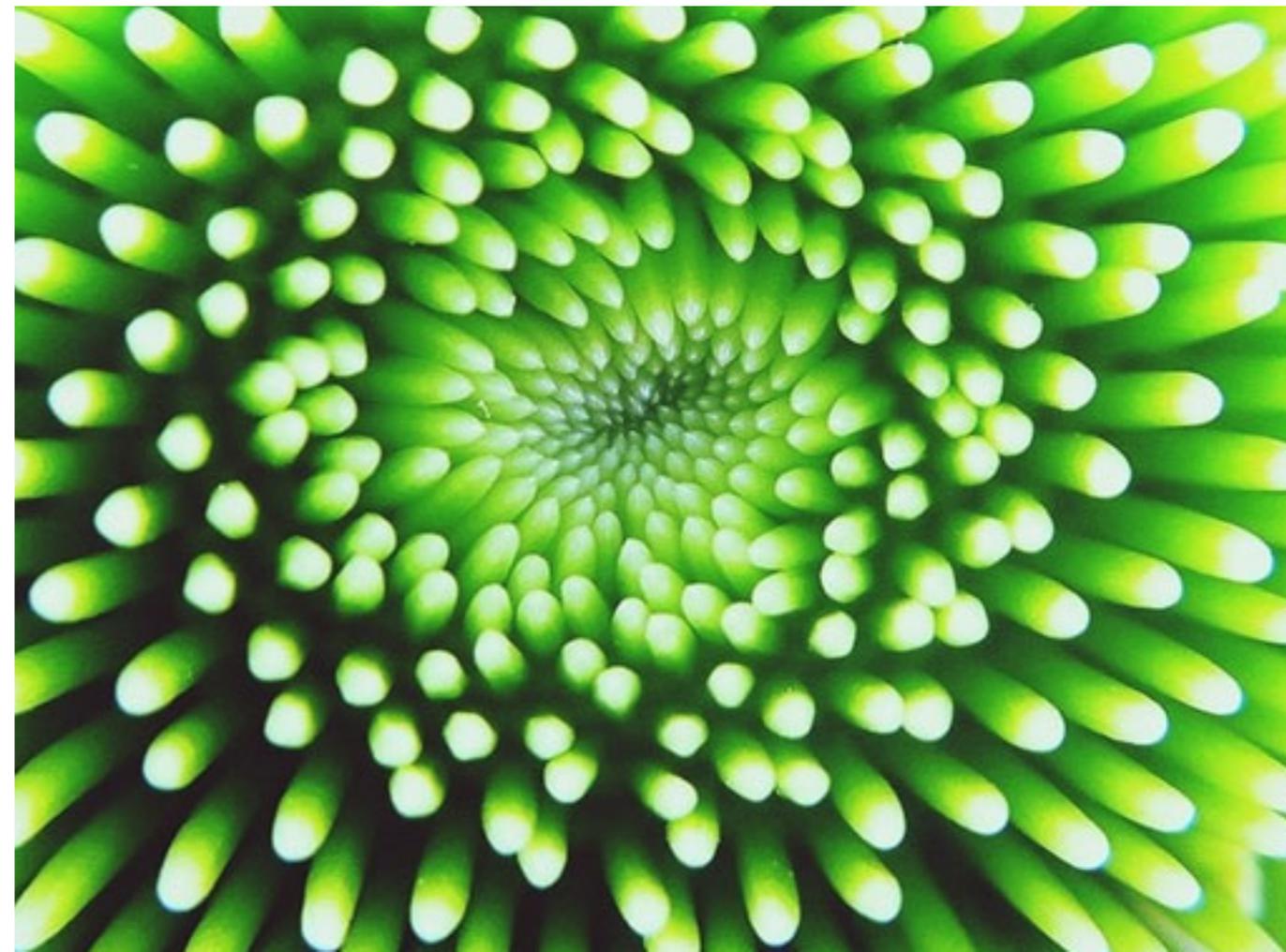
## **Nature Therapy**

Mindful ways of spending time in nature with the intention of improving one's health & wellbeing.



## Designed for patients dealing with a variety of challenges

- Over-stressed
- Close to burn-out
- Trauma
- Over-tired
- Life-threatening illness
- Divorce
- Depression
- Loss
- Anxiety
- ADD



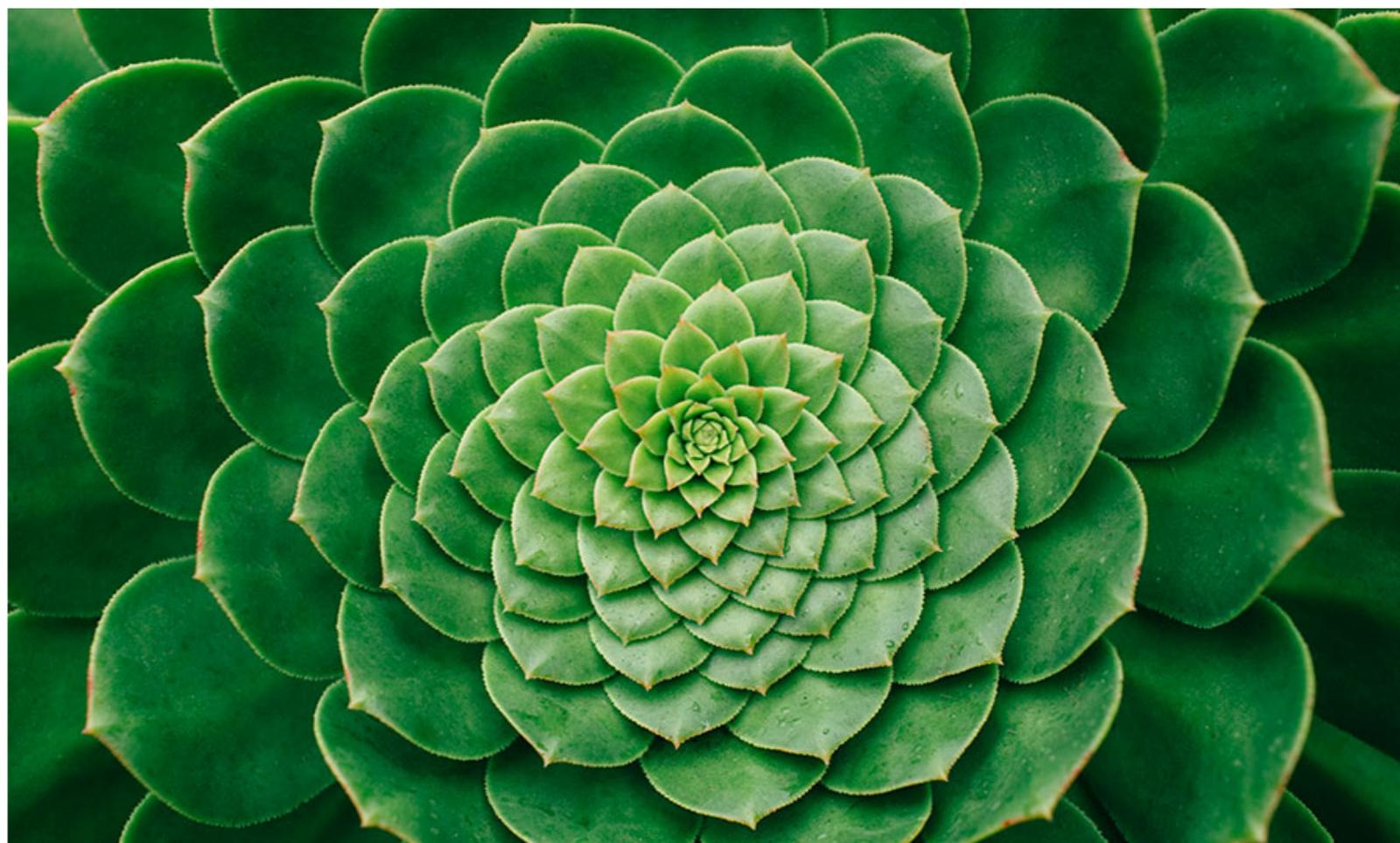
# Let me support you

As a health practitioner you are facing many challenges and do not always have the time nor the resources to guide your patients beyond your field of expertise.

You want to help, but there is only so much you can do, especially when it comes to incurable diseases, stress or trauma.

My personal experience has taught me that when a person feels depressed, tired, or overstressed it can be overwhelming to have to think about organising time in nature.

Sometimes we need a helping hand and this is where Kids of Nature comes in. We know the ideal places in nature and work with expert facilitators or coaches to help reconnect with nature and oneself.



Through my company Kids of Nature I design personalised Nature Therapy Programmes based on a patient's specific needs and circumstances.

If you feel that Nature Therapy with Kids of Nature can improve your patient's health and wellbeing, I invite you to share our Nature Therapy brochure.

Yours in Nature & Wellbeing,  
Petra Vandecasteele

Contact details:  
083-2301881  
[petra@kidsofnature.com](mailto:petra@kidsofnature.com)  
[www.kidsofnature.com](http://www.kidsofnature.com)

*Kids of Nature does not suggest that Nature Therapy replaces conventional therapy.*



# Who am I?



I am a 4x breast cancer survivor and can tick-off a few other boxes too.

I found that the best way for me to deal with my life challenges (personal and professional) is to spend mindful time in nature. It allows me to reflect and gain a fresh perspective, which in turn, leads to new insights. This helps me to stay balanced versus losing myself in stress and burnout.

Spending mindful time in nature allows us to temporarily remove ourselves from the constant stream of stimuli to give our mind and senses the stillness we need and deserve.

I use nature as a catalyst to enhance mental, physical, and spiritual wellbeing.

In 2013, I founded Kids of Nature, a lifestyle and travel company for 'grown-ups' that focuses on mindful living by means of Nature Immersions and Nature Therapy Programmes , as well as bespoke Nature-Based Travel.

My way of working is based on a personalised one-on-one, preferably face-to-face interaction.

# How does it work?



Health practitioner refers patient to Kids of Nature



Consultation to get to know your patient in person and better understand her/his personal circumstances



After the first consultation he/she will receive a questionnaire to fill-in



Based on the conversation and questionnaire, we will suggest a bespoke Nature Therapy Programme designed around her/ his needs and circumstances



## Our Nature Therapy Programmes

- Range from 2 hours daily to a full 7 days Nature Immersion
- Consist of time alone as well as facilitated by a specialist coach
- Take place in or near Cape Town, or further afield depending on what works for your patient
- Can also be designed to include his/ her family or partner



