

Therapeutic gardens

Each therapeutic garden is unique and original. A garden designed for movement and sensori-motor rehabilitation will look different from a garden designed to train and develop self-sufficiency, fine motor skills and memory. A relaxation garden, aimed at restoring inner strength and balance, or gardens designed for children or for visual impaired persons have distinct specificities.



↑ A therapeutic garden has been created at the Hospital of the Sisters of Charity of St. Charles Borromeo in Prague (Czechia) to assist in the **treatment of patients**.

It offers a space for silence, meditation and relaxation for patients and their loved ones.



↑ Traditional country flowers with a fruit tree planting anchor the cycle of the year and provide a time orientation for **people with dementia**. Proseč u Pošné (Czechia)



↓ **People with mental health problems** come to the ATZ Schwaigau (Austria) to garden. An increasing percentage of persons with depression, anxiety or burnout is due to the current hectic life with an emphasis on performance.

Working with plants and therapeutic techniques brings them back to normal life.



↑ The large garden of the Home Na Zámku in Nezamyslice (Czechia) for **people with intellectual disabilities** allows for gardening, growing field and garden crops and relaxation.

