

# Garden therapy

Garden therapy naturally uses the healing power of nature on humans. In fact, natural milieu has vitamin-like characteristics as the lack of it may lead to disease, e.g. nature deficit disorder is connected to attention problems, depression, burnout, etc.



← Gardens offer a wealth of inspiration, attracts people to physical activities and games, allows people to release negative feelings, relieves stress, brings relaxation and harmony. We can train our memory, fine motor skills and our senses. We find here a space for meeting, creative work and (self-) discovery. The garden thus has an extraordinary potential for therapeutic use.

→ The distinction of garden therapy from simply being in the garden or gardening is determined by the focus. All activities take place purposefully according to a set plan under the guidance of a garden therapist all of which makes the individual feel completely safe and secure.



↑ Garden therapy helps a person feel better - both mentally and physically. Not only do people feel the therapeutic effects when they are overworked or stressed, this therapy is also beneficial in the treatment of various long-term illnesses or recovery from injuries.



↑ Garden therapy is for everyone with no restrictions on age, gender, experience or medical diagnosis. Sosna (Slovakia)



↑ Garden therapy can also take place indoors by bringing garden elements directly to the clients. This allows us to help people who are bedridden and cannot get into the garden. Floramobil, Lipka (Czechia)

