



Agenda Winter 2023-2024

WE ARE PLEASED TO MEET YOU AT THE FEET OF THE TREES!

TREE WORKSHOPS

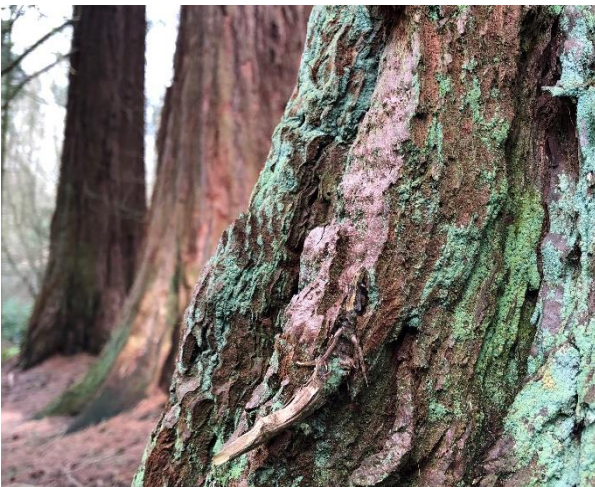
Tree Walks - Meeting with trees in town

We guide you through Brussels, its parks, streets and woods to discover its most beautiful trees. We reveal their winter secrets to you. Duration: 2h. Price: 15 € (or 20-25 € to support the voluntary work to develop our platform, its contents and activities)

THIS SPRING - we invite you to form your group of friends, family, or colleagues and let's cross our agendas to plan your visit.

Other languages (FR, IT, ES), dates, places can be organized for private visits on request: in Leopold's Park, Ixelles, Josaphat's Park, Wolvendael Park, Botanique's Park, Meise botanical gardens, , Arboretum of Tervuren.

[Info and bookings](#)



ACTIVITIES AT THE HEART OF THE FOREST

The Sonian Forest, Brussels's healer

Shinrin Yoku forest bathing (Japanese sylvotherapy) with a certified guide. Discover the woods in a different way: in slow motion, with all your senses open (there are more than 10!). A break out of time to feel good, to reconnect with yourself, with nature/forest life and with other people. Duration: 3h

In partnership with [Sylvolutions.eu](https://www.sylvolutions.eu)
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[Infos and bookings](#)



BY YOURSELF - [SEE OUR ONLINE WALKS](#)



WORKSHOPS, MEETING, FOREST BATHING, TEAMBUILDING "A LA CARTE"

We facilitate workshops on the forest's intelligence, as well as on the superpowers of trees

We organize conferences, fun and educational workshops to discover the secrets of the urban forest.

We come to meet you in schools, companies, associations, collectives, libraries, academies, etc.

INFOS AND BOOKINGS

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And more coming soon ! Follow the updates on this agenda or on our [Facebook group](#)
See you soon at the foot of the trees