



Agenda Spring 2023

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

ACTIVITIES ABOUT TREES

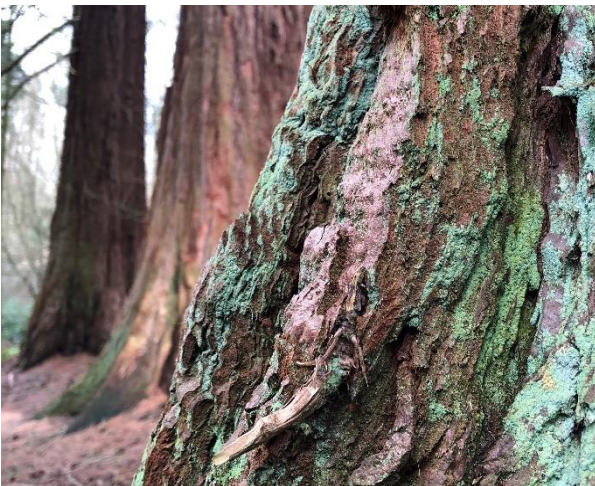
Tree Walks - Meeting with trees in town

We guide you through Brussels, its parks, streets and woods to discover its most beautiful trees. We reveal their 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

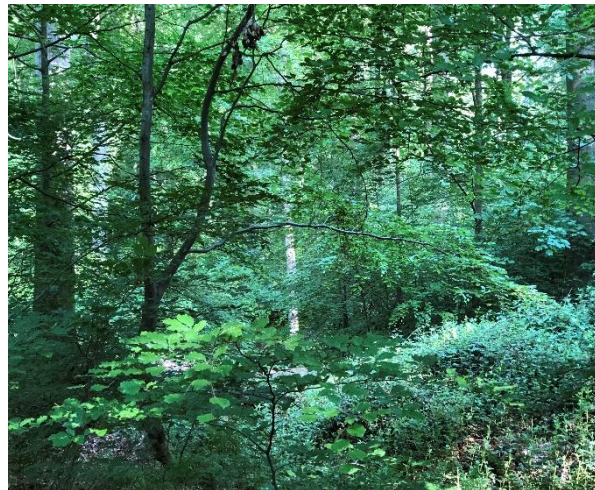
The Sonian Forest, Brussels's healer

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

Sun 16 APRIL - 9h to 12h30 - Rouge Cloître
Sun 14 MAY - 9h to 12h30 - Boitsfort
Sun 18 JUNE - 9h to 12h30 - Special Solstice

In partnership with Sylvolutions.eu
Other languages (EN, IT, ES), dates, places can be organized for private visits on request

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 organise 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