



Back to Nature

Ecotherapy

Outer Nature: Integration Course

The Outer Nature Integration Course cultivates wellbeing, relationship skills, and a sense of purpose through a therapeutic connection with nature and others.

This impactful small group program is designed for individuals with well-being and social goals who are seeking connection with others, therapeutic support and improvements in their emotional and physical wellness.

10 week supportive program

Professional Facilitation of Growth and Skill Integration: Through therapeutic guidance, participants integrate learning so it becomes practical and embodied.

Peer Supported Learning: Supportive small group sessions foster a collaborative and encouraging environment.

Engaging Activities: Therapeutically guided and research-based activities ensure participants effectively work towards achieving their NDIS goals.

Untamed Natural Locations: Sessions are held in various natural locations, weaving nature, experience, and learning together.



9:30am to 1pm on Wednesdays
Commences 9th of October 2024
www.backtonatureecotherapy.com.au/group-programs