

“The voyage of discovery consists not in seeking new lands but in seeing with new eyes.” —*Marcel Proust*

# REFRESH THROUGH NATURE



Corporations, large and small, are seeking ways to improve the lives of their employees. Employees are the core of any business's success and recognizing the impact a positive environment can have on their well-being should be a priority. A connection to the natural world has known benefits to physical and psychological health. Restore creativity, brain power, and energy through a “nature break.”

## ***Refresh through Nature Programs will:***

- Improve concentration and productivity through exposure to nature
- Spur creativity by emphasizing natural elements
- Expand stress management skills by teaching strategies that support on going nature connections

For over 15 years, the Missouri Botanical Garden has been offering Therapeutic Horticulture programs to a wide variety of groups throughout the St. Louis community. We are pleased to bring this new offering to the community, focused on employee health and well-being.



MISSOURI BOTANICAL GARDEN  
4344 Shaw Blvd • St. Louis, MO 63110  
(314) 577-5100 • [mobot.org](http://mobot.org)

**For more information, please visit:**  
[mobot.org/THprograms](http://mobot.org/THprograms)

# MENU OF SERVICES

## Programs at your Workplace

Lunch 'n' Learns and Team Meetings  
1 Hour Sessions | \$12/person  
8 person minimum | 15 person maximum

- **Greening your Work Day**

Learn to make the most of your time in nature, including how to incorporate more nature moments into your daily routine. Participants will propagate a houseplant for their work space.

- **Flower Arranging for your Work Space**

Everyone loves flowers. They brighten a space and lift the spirits. Participants will explore a variety of seasonal flowers and foliage while creating their own unique arrangement.

- **Herbal Tea Break**

Take a break to learn about fresh and dried herbs that can be used to make delicious and healthful teas. Participants will create an herbal tea blend to enjoy in the moment and a few herbal tea sachets to brew later.

- **Team Building with Creative Expression**

Teams will work together to create an engaging piece of art using natural materials. Then, each individual will use component pieces of this work to create a personal nature mandala.

## Programs at the Missouri Botanical Garden

8 person minimum | 15 person maximum

- **Greening your Work Day**

*Half day to include breakfast or lunch  
\$50/person*

Bring your team to enjoy one of the oldest and most renowned Botanical Gardens in the United States. The Missouri Botanical Garden will serve as the backdrop for a day filled with nature experiences, sensory exploration, and creative designing.

- **Journey to Well-Being**

*Full program | 10 week program  
\$120/person*

Journey to Well-Being is an intentional walking program, designed to aid participants in experiencing the calming, restorative power of nature. Most walks are completed on the participants personal schedule. The Japanese Garden serves as a peaceful setting for people to explore their relationship with nature and with themselves. For more information, visit [mobot.org/journey](http://mobot.org/journey)

- **Walk to Well-Being**

*Single session | 2.5 hours  
\$30/person*

This program is a sampling of the Journey to Well-Being program, described above. Participants will receive a guided tour of the Japanese Garden, followed by a self-guided, mindful walk through the space.