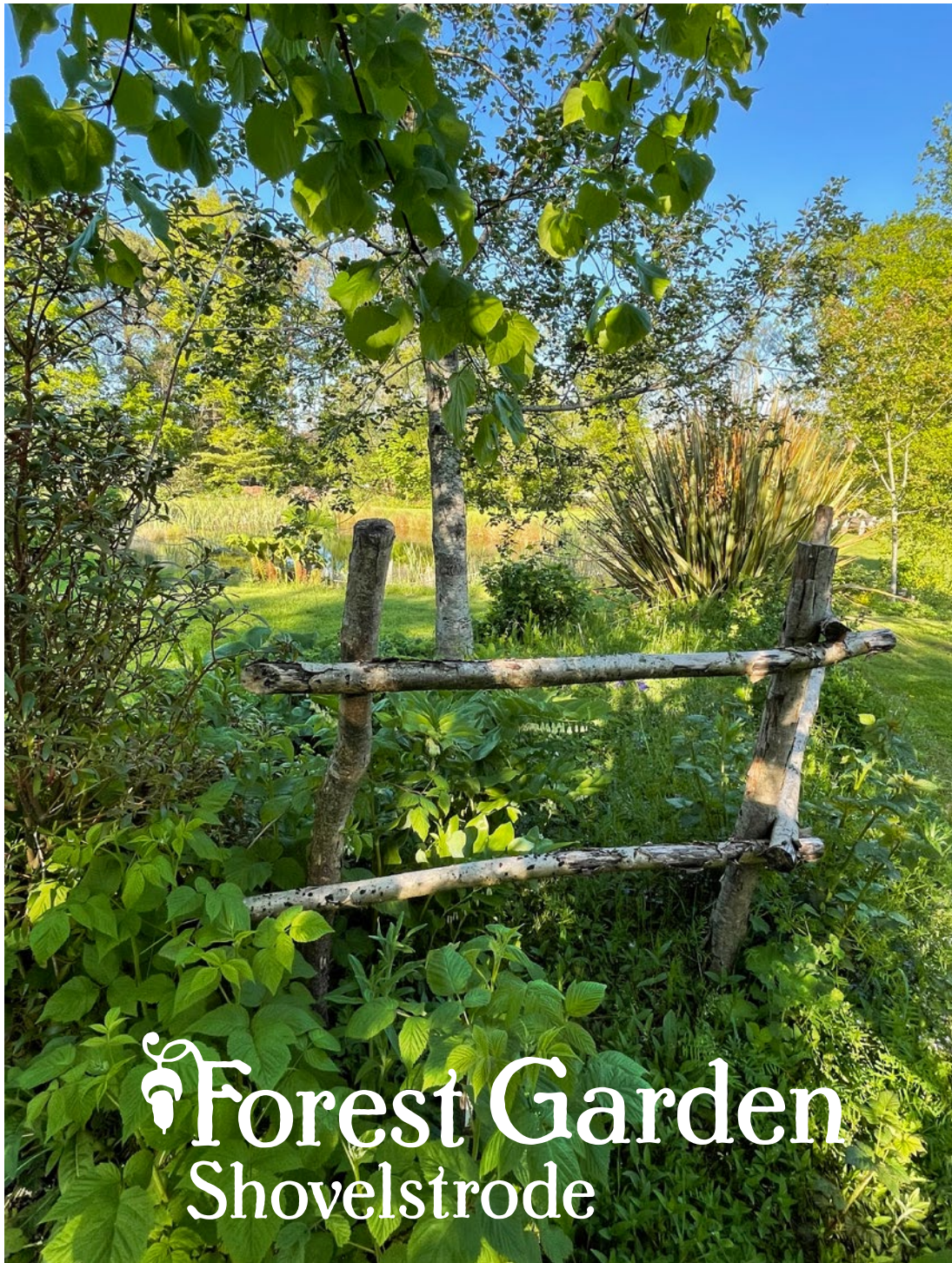


# Corporate Wellness Day



 Forest Garden  
Shovelstrode

[www.forestgarden.info](http://www.forestgarden.info)

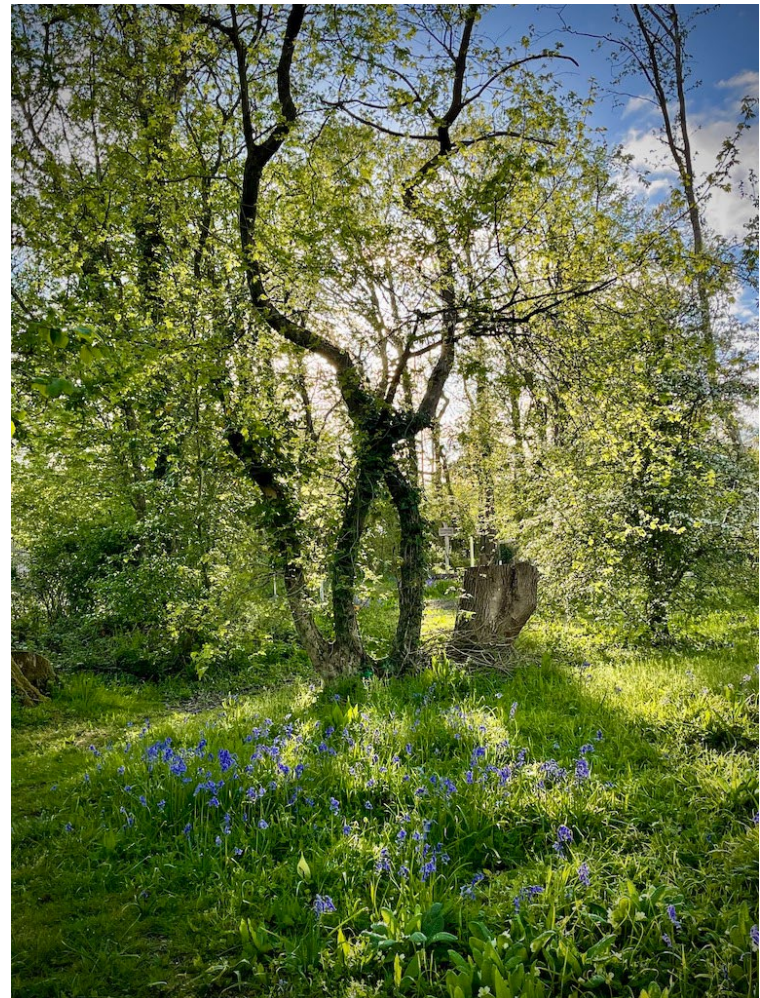


# Forest Garden Shovelstrode

## Immersed in nature

Forest Garden Shovelstrode, located in the Sussex weald AONB, is a regenerating ancient woodland and forest garden in what was previously known as Anderida Forest. It is teeming with wildlife and an abundance of wildflowers.

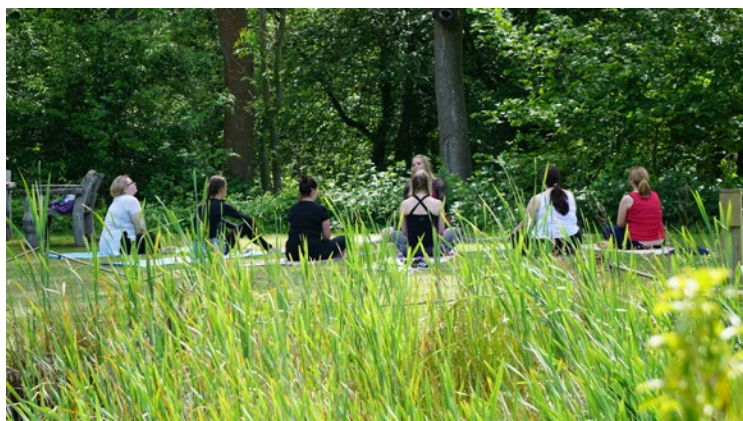
The perfect environment to rejuvenate!



## Wellness Days

Wellness Days are designed to rebalance physical and mental wellbeing, to enable deep relaxation by reconnecting with nature.

With a wide range of activities on offer including therapies and workshops, each Wellness Day is tailored to meet specific requirements.





# Treatments & Therapies

- Ayurveda and Yoga
- Yoga nidra
- Meditation
- Reiki
- Shinrin Yoku / Forest Bathing
- Natural Menopause
- Massage



## Team Building

- Clay Oven Building
- Foraging & Outdoor cooking
- Totem Pole carving
- Tree Planting



## Activities

- Green woodworking
- Introduction to the world of Bees
- Vegetable Gardening
- Forest Gardening (Permaculture)
- Harvesting & Chutneys
- Art in the Woods

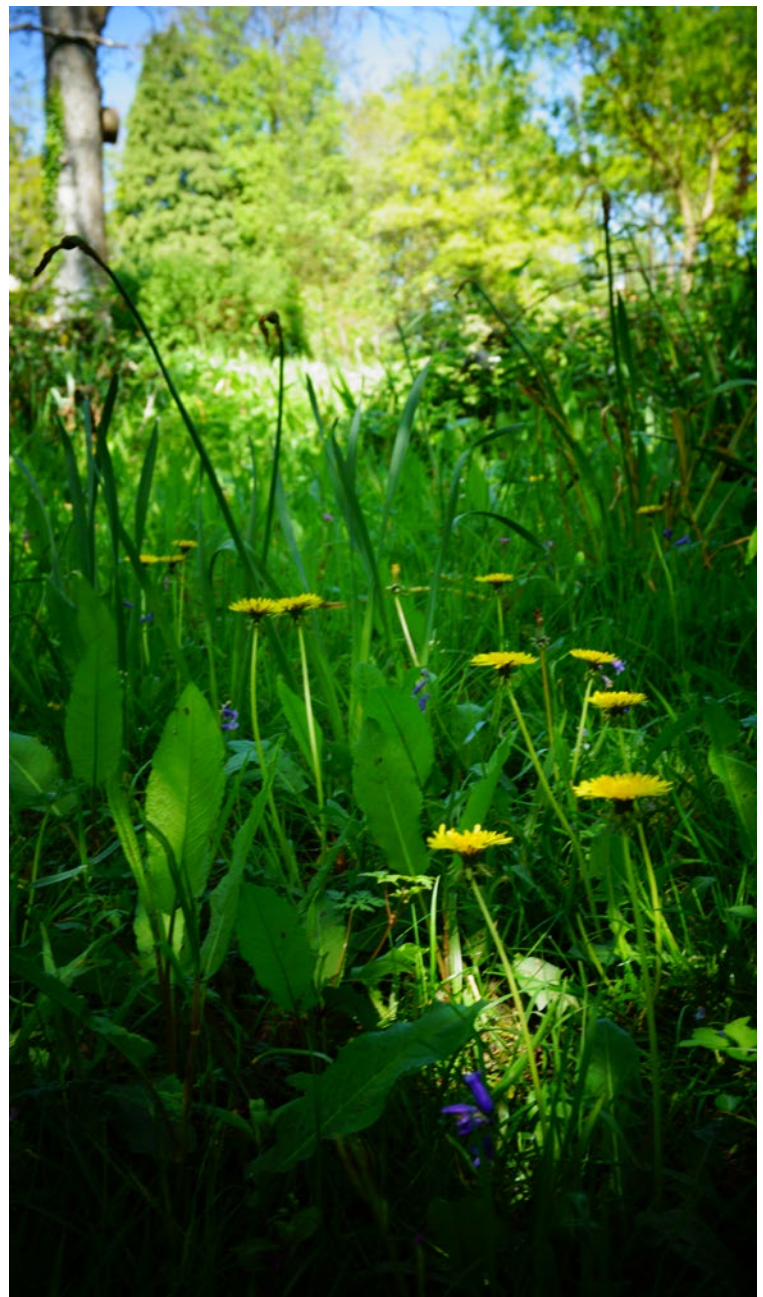
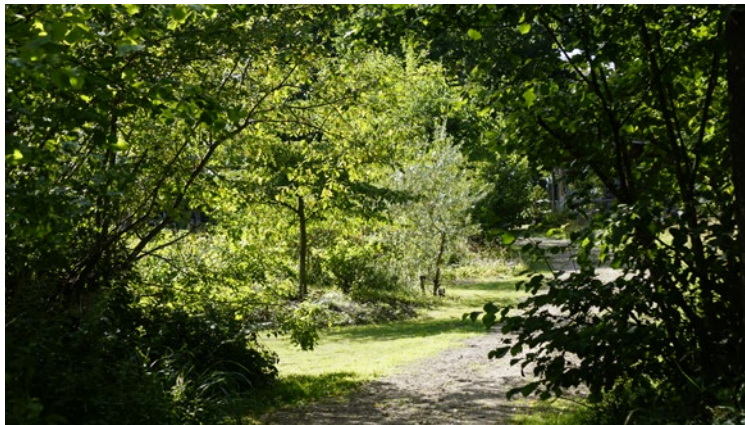






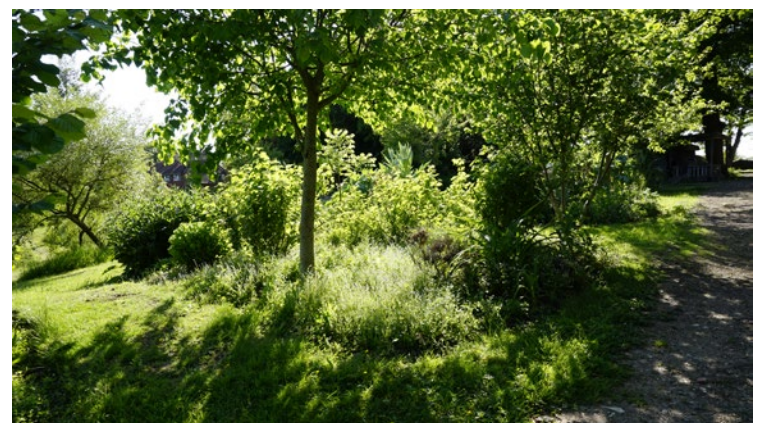
## Shinrin Yoku

Shinrin Yoku is the Japanese ecotherapy meaning 'forest bathing'. In the 1990's scientific research in Japan proved that time spent in the forest is beneficial to our health and wellbeing. The 'phytoncides' are the natural oils emitted from trees and their main components are 'terpenes' which help fight fatigue, insomnia and depression. They also help boost the body's natural killer (NK) cells which help fight cancer. The recent University of Exeter study suggested that spending at least two hours per week would have a beneficial effect.



## Forest Garden

The Forest Garden is a designed agronomic system based on trees, shrubs and perennial plants that are useful, and mostly edible. These are mixed in a way that mimics the structure of a natural forest, utilising the seven canopy layers – the most stable and sustainable type of ecosystem in this climate. An acre of forest garden can feed up to 10 people.







## Relax & Play

- Horse drawn carriage rides
- Badminton/Croquet/Coits
- Outdoor Cinema
- Drumming Circle



## Catering

The Forest Garden cafe provides delicious home cooked meals, picnics, tea parties, wood fired pizzas, BBQ or spit roast.



## Facilities

- Cafe
- WC's/Showers
- Woodland Workshop: Under cover (tarp) area 6 x 15m
- Small Barn/Classroom 5 x 5m
- Car Park – 15 cars
- Yurt & Log Cabin accommodation







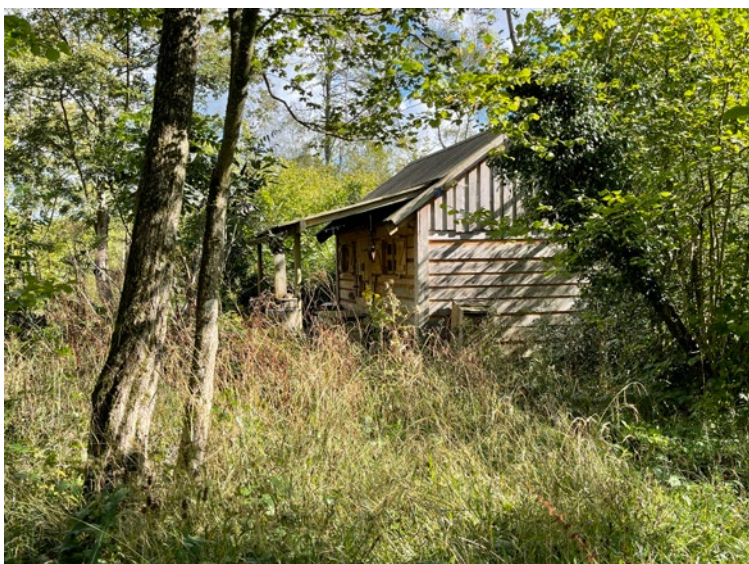
## Accommodation

For longer retreats requiring overnight accommodation there are 2 x traditional yurts and 4 x rustic log cabins, sleeping a total of 6 people single occupancy, or 12 people twin share, with their own cooking facilities and outdoor fire pit.

There are some additional camping pitches for tents.







## Bespoke Events

Let us help arrange a unique wellness day for your group of between 10-25 people.

Contact us:

[info@forestgarden.info](mailto:info@forestgarden.info)  
tel: 07956 815458

**Forest Garden**  
**Shovelstrode**

Ashurstwood, Sussex. RH19 3PH  
[www.forestgarden.info](http://www.forestgarden.info)