



Kinwood Echoes

NATURE CONNECTION EXPERIENCES

Slow • Gentle • Accessible

A sanctuary where nature speaks, and we are invited to listen.

Gentle nature-based experiences that invite individuals and communities to slow down, connect with nature, and cultivate well-being and belonging.

WHAT CAN I EXPECT?



Slow-paced
and accessible



Guided sensory
invitations



Quiet reflection
and observation



Optional
sharing



No experience
required

These experiences are not hiking, fitness programs, or nature lectures.

WHERE DO EXPERIENCES TAKE PLACE?



OUTDOORS

Parks, trails,
gardens, and
green spaces



INDOORS

Community
rooms, churches,
libraries, and
retirement
residences



INDOOR & OUTDOOR

Some experiences
begin indoors and
gently transition
outdoors



IS IT SUITABLE FOR ME?

Participants are encouraged to take things at their own pace.
Sitting, resting, and adapting participation are always welcome.

Come as you are.



WHO ARE THESE EXPERIENCES FOR?

- Older adults and seniors
- Community organizations
- Faith communities
- Libraries and community centres
- Wellness and social connection programs
- Intergenerational and family groups



IS THERE A FEE?

Programs are offered through public walks, community partnerships, and group bookings.

Fees vary depending on the format, location, group size, and sponsoring organization.

Please connect with Veena to discuss the most suitable option for your group or community.



ABOUT VEENA

Veena P. Sivan is a Certified Forest Therapy Guide (ANFT), STEM Educator, former Biological Researcher, and author of *Enter the Forest*.

INTERESTED IN LEARNING MORE?



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Rooted in nature. Connected in community.