



Imagis

NURTURE THE MIND, BODY, AND SPIRIT WITH THERAPEUTIC GARDENING

CALMING, SENSORY-RICH GARDENING
EXPERIENCES DESIGNED TO BRING JOY,
CONNECTION, AND WELL-BEING.



[IMAGISNATURALLIVING.COM](https://www.imagisnaturalliving.com)

SERVICE OVERVIEW

Our Therapeutic Gardening Sessions are thoughtfully crafted for senior living facilities and groups seeking relaxing and sensory-enriching experiences. These sessions offer participants a chance to engage with nature through gentle, hands-on gardening activities. Perfect for seniors or anyone looking for a peaceful way to connect with the outdoors, our programs are designed to improve mood, promote mindfulness, and foster social connection, all while nurturing plants.

Whether planting flowers, creating herb gardens, or enjoying the textures and scents of soil and plants, each session is tailored to ensure accessibility, comfort, and enjoyment.



KEY FEATURES

- Relaxing Gardening Activities
- Participants plant and care for flowers, herbs, or small vegetables in a soothing, accessible environment.
- Accessible for All Abilities
- Sessions are adapted to meet the physical needs of seniors, including seated or table gardening options.
- Sensory-Rich Experiences
- Engage the senses with the sights, smells, and textures of plants and soil, promoting relaxation and mindfulness.
- Connection and Joy
- Encourages social interaction, creativity, and a sense of accomplishment through group gardening activities.
- Expert-Led Sessions
- Facilitated by experienced instructors who create a warm, supportive, and inclusive atmosphere.



NURTURE THE MIND, BODY, AND SPIRIT WITH THERAPEUTIC GARDENING

WHO IS THIS FOR?

- Senior Living Facilities: Create engaging activities for residents to enjoy together.
- Community Groups: Perfect for therapy centers, adult day care programs, or wellness-focused organizations.
- Individuals Seeking Mindful Activities: A calming option for groups or individuals seeking peaceful, sensory-rich experiences.

Services are offered in the following parishes:

St. James, Jefferson, Ascension, St. John, St. Charles, East Baton Rouge, Assumption, Tangipahoa

INCLUDED

- Gardening Materials: Soil, plants, tools, and containers.
- Customizable Activities: Choose from planting flowers, herbs, or small indoor/outdoor gardens.
- Professional Facilitation: Compassionate instructors who guide participants and adapt activities to meet their needs.

COST

**Starting at \$250 per session
(up to 15 participants)**

*Discounts available for multi-session bookings or recurring programs.

Let's grow calm, connection, and joy together! Book your Therapeutic Gardening Session today.

Contact Us: hello@imagisnaturalliving.com or (504) 723-6198

Visit Our Website: www.imagisnaturalliving.com



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