



Swamp Lotus

Forest Bathing and
Forest Therapy Experiences

great for

- Conference Field Experiences
- Corporate Retreats
- Scouts & School Groups
- Families
- Bachelorette & Girlfriend Trips
- Couples/Honeymoons
- Anyone interested in nature & wellness

**"Consider
Swamp Lotus
an exercise class
for your soul."**

we provide

- Rejuvenating trail walks focused on relaxing, mindful, sensory-focused experiences
- Programs run 1.5 – 2.5 hours; can last longer upon request
- An opportunity for participants to de-stress, bond, reset & reconnect with nature
- Walks provide numerous mental & physical wellness benefits



SwampLotusNola.com

swamplotusnola@gmail.com • 504.430.6678

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forest walks

- Led by a certified forest therapy guide
- Walks are not strenuous, and occur on well-maintained public trails
- Location within the Metro New Orleans area and are easily accessible from downtown via public transportation or rideshare
- Pricing ranges from \$25 - \$125 per person, depending on program
- Special group and student rates available



wellness mornings

- Great for staff retreats, conferences, and employee wellness events
- Program offered at your event location - we bring the nature to you
- Programs last 30-45 minutes
- Start your event relaxed and focused with our mindfulness activities
- Indoor locations can be accommodated

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great blue heron

- For ages 13 and up
- Offers a deep relaxing meditative journey into nature
- Contemplative and sensory-focused experiences that foster a connection to nature
- Programs encourage participants to engage in mindfulness and self-care

river otter

- For children ages 5-12 and their caregivers
- Programs provide time for important family bonding in nature
- Offers families a break from busy schedules, phones, video games, and other electronics
- Activities are child-friendly while still being engaging for adults



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