



Public Sessions

We love nature! And we would love for people to know that connecting with nature doesn't need a long vacation to the mountains. It is right there on your streets or the parks near your house or your balcony... waiting for your to connect with it.

When we started conducting 2-3 hour sessions in city parks, a common comment people made was - "I've never seen our parks in this light." Some hadn't been to the park, despite living in the city for over a decade !! That motivated us to do as many sessions in city parks as possible.

So we started conducting sessions in city parks in various part of India. So far we have conducted several sessions in parks like Lal bagh and Cubbon Park (in Bangalore) and Sanjay Gandhi National Park (in Mumbai), India. We also had the privilege of conducting a session for a Women's International Conference in Mauritius.

Take a look at the Pictures of these sessions in our Website Photo gallery or Facebook page (Nature Connections India)

Why would it help for you to attend?

Well, research shows that deeply connecting with nature leads to



Overall, consistent and deep connection with nature balances us mentally, emotionally and psychologically.

If you would to join us in public sessions or would like us to conduct it your city, do drop us an email to connect@natureconnections.in