



Nature Immersion

This unique wellbeing experience is designed to take your team on a mindful journey to improve their health and happiness at work and in their lives. Teaching ways in which you can slow down, take a break from the busyness of life and find inner calm and mental clarity, to leave with a sense of peace and creativity.

Team building nature immersion

Our nature immersion experience has evolved from the Japanese practice of Shinrin-Yoku; to bathe your senses in the atmosphere of the forest to combat stress in the workplace, which is proven to have long-lasting physiological benefits and is in the process of achieving 'green prescription' status within the Royal Surrey NHS Foundation Trust.



Lainston House offers the perfect place to reconnect with nature and follow the guided meditation, gentle nature-themed activities and group reflections the experience entails. You can truly take yourself away from the buzz of the digital and working world, within our 63 acres of countryside, including some historic and beauty hotspots such as our scenic mile long avenue of lime trees, 500 year old Holm Oak, 1000 year old chapel and our very own apple orchard - featuring 19 different varieties.

There is a balance of solitude and companionship with some activities being done alone, others in pairs or with the whole group. Your experiences are selected on the day to best suit the location, weather and season and include activities like mindful photography, creating land art using natural materials or interacting with water if it's a rainy day.

£720 for groups of up to 10

- This experience will go ahead come rain or shine so please bring extra layers and waterproofs
- 3 hour experience including five to six activities, chosen by your local, expert Nature Immersion guide on the day
- We will provide you with yoga mats for when you are sitting or lying down during the experience, however please bring your own if you prefer
- We recommend bringing your own drink and a snack if you feel you may need it
- Mobile phones may be used for photography on airplane mode and you're welcome to bring a snack and drink too if you think you'll need it during the 3 hours

