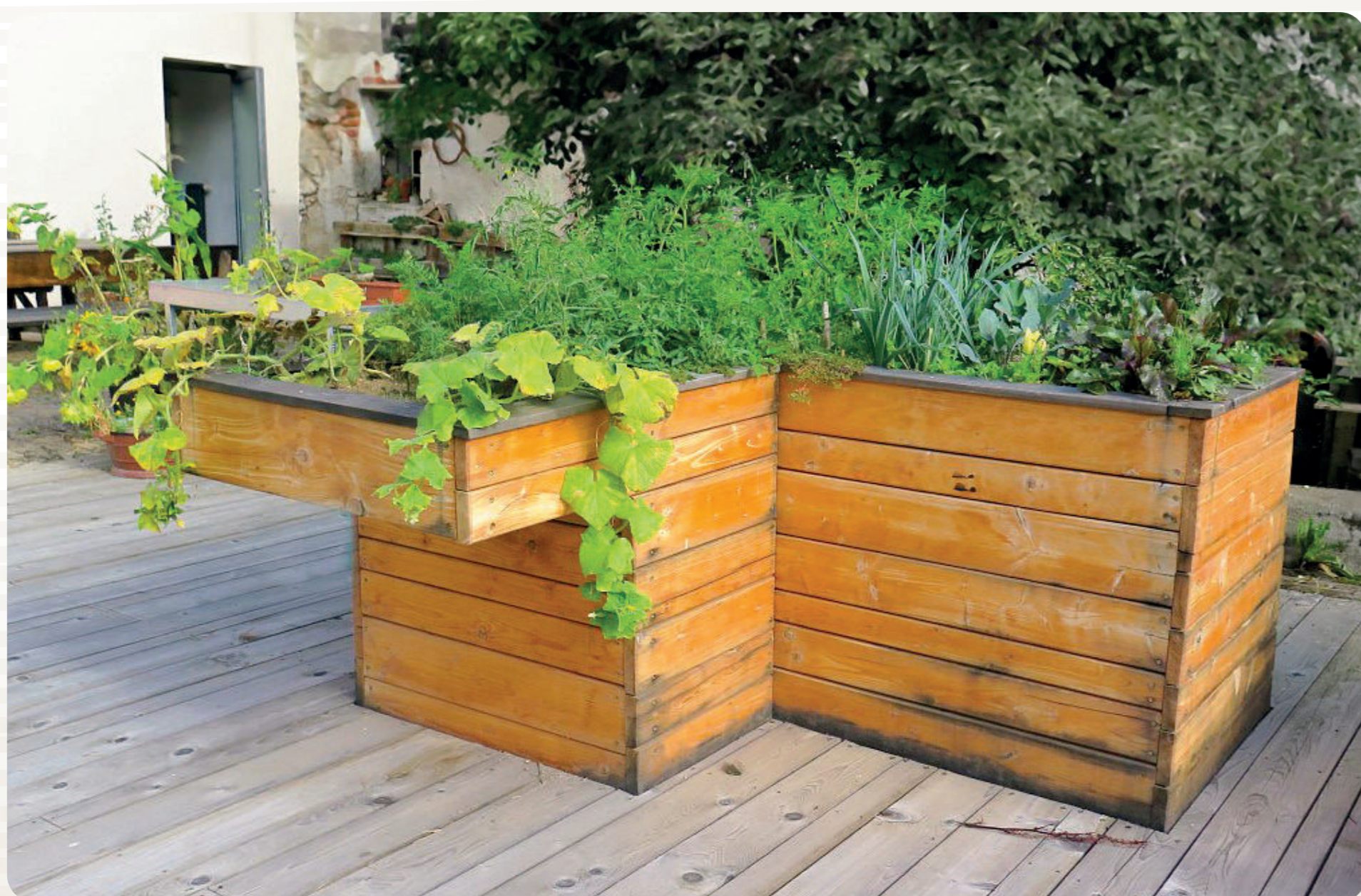


Garden as a place for gardening

Active gardening is not the main goal of garden therapy. Gardening has its uses in physical rehabilitation. The interaction between man and plant is also used. Gardening activities allow contact of the plant's needs and at the same time perception of your own needs. We can learn responsibility and patience and being able to take care. By being able to take care of a plant, a flower bed, a garden, we gain courage and self-confidence. Self-sufficiency and work habits are developed by choosing appropriate activities.



↓ Planted containers are also enough for contact with plants. Even in a limited space, we can observe their growth and take care of them.



↓ The garden is a source of activities throughout the year. Spring for sowing and planting, summer for herb collection, autumn for harvesting and winter for processing of the gifts from the garden...

↑ Garden therapy participants are varied and all have their own individual needs and limitations. In order to give them the opportunity to participate in gardening activities, we choose the reasonable sized tools for them. It can be a raised bed, ergonomic tools or a reasonable sized tools.



← We train fine and gross motor skills in a soft way. Involvement in the activity makes forget about your health limitations.

