

Garden

as a place for
movements

Movement is natural for humans. During lives, however, an injury may occur, our health, or mobility may be limited from birth. The garden can also be used to support movement. It is tempting to go for walks and to observe what has grown, blossomed and matured. Gardening activities provide immediate meaningful movement. We can also exercise in the open air.

↓ Exercise stairs for training the motor skills of seniors at the PBZ Retz care centre (Austria).



↑ The garden naturally provides elements to improve balance. In the therapeutic garden, we can also provide children with features that practise balancing. Sosna (Slovakia)



↑ Classic board games can be taken outside, whether it's Man don't Be Angry or Chess. The University Hospital Brno (Czechia)

↓ Movement and being outdoor is very important for a child's development and fostering the abilities needed later in life. The brain's hemisphere to work together.



↑ For people with reduced mobility, the paths in the garden are provided with railings and places to rest. Activities can surprise us. We learn about new possibilities and we may become more willing to try something new.

