



Find yourself outdoors

“Bush Camp”

Into the wild (self).

Sima Kade

Magaliesberg, Gauteng

17 - 19 October 2025



Alive Eco-Journeys invites you to join us on ...

a weekend in the bush

Ready to tap into your wild self? Let's get rustic.

Alive Eco-Journeys curates therapeutic adventures

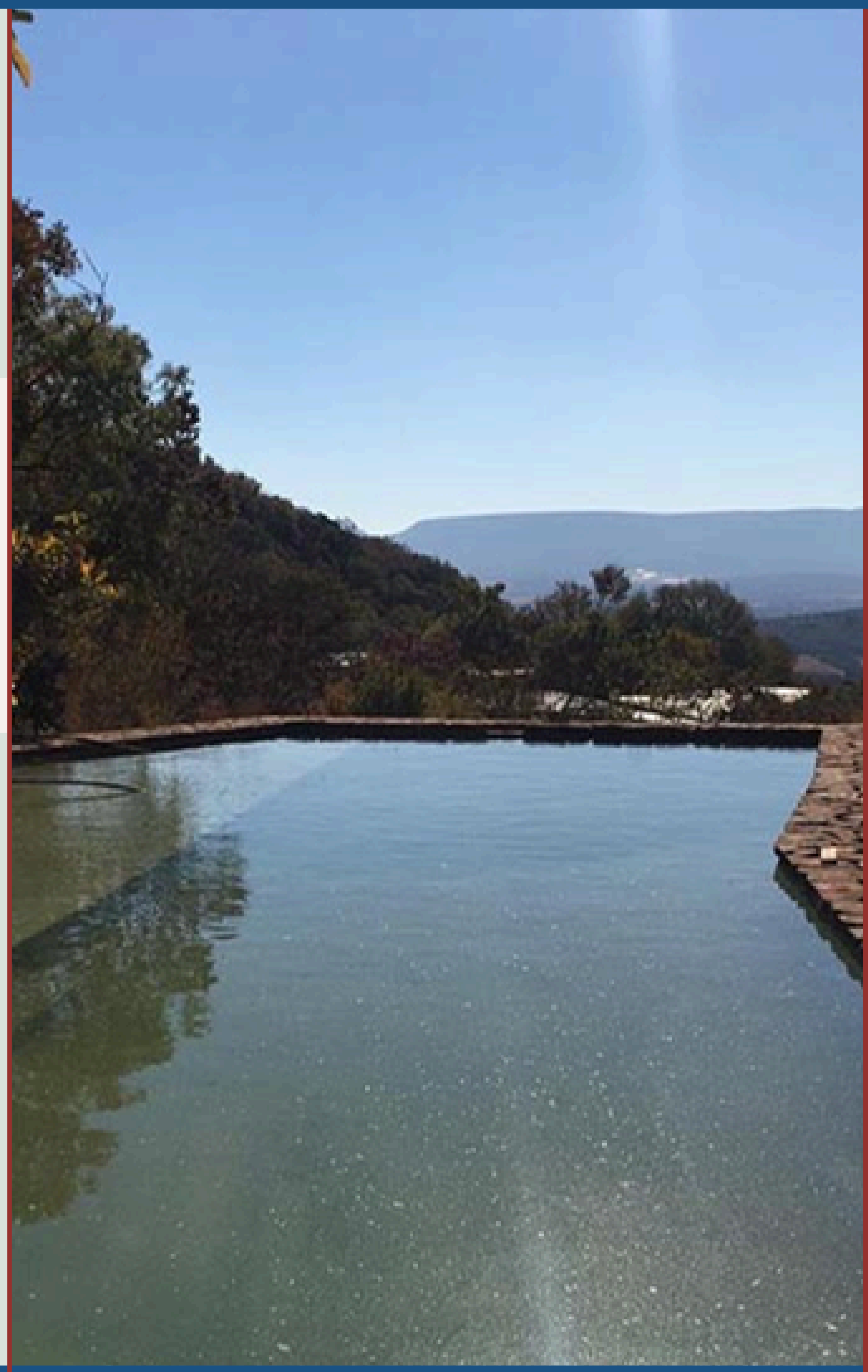
This is more than exploring the wild, it's an invitation into a guided and emersive therapeutic space to gain new perspective about yourself. Our goal is to infuse you with practical new mental health tools, with the help of nature, to empower your self-growth journey

Do you have an issue in your life that you would like to pay some attention to but life is too busy and distracting? Do you have a question that you are asking but not finding breakthrough in? Are you a bit bored in life and routine? Do you just need a weekend to yourself to check in, and ground?

Bush Camp is a rustic getaway infused with nature connection and mental health skills. It is uniquely curated only after meeting the participants. We will talk to you, and allow our collective journey to support each person's path.

There is no one size fits all when it comes to personal growth and breakthrough. So we will not offer the 3 top tips to success, but rather invite you to try different skills and exercises in the day to see what unique formuale you need to find the self-awareness and answers that you desire. This is also not a retreat. At Alive Eco-Journeys we don't believe in pulling away from the world to be inspired, but rather to actively engage in our wild self to come Alive, and to live daily from this enlivened space.

These exercises are curated by Penni who is both a psychologist and a fan of nature. She will be present throughout the weekend to partner with nature and your intuition, as you discover the path you need at Bush Camp



THEMES YOU MAY CHOOSE
TO EXPLORE

- My world
- The core of the issue
- Obstacles in my path
- My intuition
- The path to this point
- All the sides of me
- My dreams
- The door to walk through
- My comfort and support
- Care for self
- My resilience
- My Spirit
- What needs to go?
- Where to from here?

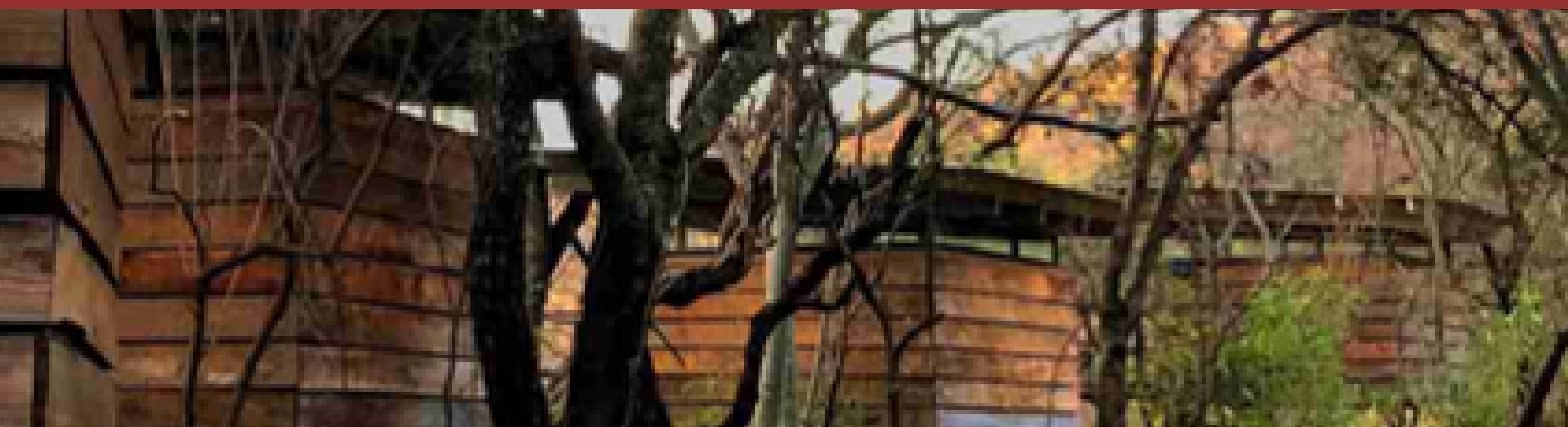
**THE GROUP WILL INFORM THE
BUSH EXPERIENCE.
SIGN UP AND COMPLETE A
QUESTIONNAIRE SO THAT YOU
CAN PARTICIPATE IN THE
CURATION OF THE JOURNEY**

*Your Eco-Journey will be as unique as your
footprint in the bush,
and we will walk with you every step of the way*

- Curated nature connection activities
- Mindful body stretch
- Yoga
- Projection Measures
- Art material
- Therapeutic books
- Musical instruments
- Breathwork Group
- Meditation
- Discussion Group
- Mindful Observation
- Structured journal exercises
- Silence
- Solo time

TOOLS YOU MAY CHOOSE
TO USE

FURTHER DETAILS ON PRICING AND WHAT THE PACKAGE INCLUDES COMING SOON.
Please indicate your interest so that we can be in touch as soon as these details are available.





Your paragraph text

ABOUT US

Alive Eco-Journeys sees a problem. Isolation, disconnect and numbness is corrosively creeping into our personal lives, families and that of our teams. We want to help by both advocating for and teaching robust mental health skills, a deeper understanding of nature connection, and the rekindling of kind communities.

How do we do this? We create transformative nature-based experiences designed to reconnect individuals, groups, and teams with themselves, others, and the natural world. Our curated therapeutic adventures go beyond simply being outdoors, they guide individuals and teams to gain meaningful insights that can deeply impact everyday life.

Grounded in the practices and wisdom of Eco-Psychology and informed by over 20 years of experience working with groups and teams in mental health, every Eco-Journey is unique, combining exploration, learning, skill-building, and fun. We believe in the power of inclusivity, diversity, kindness, and community, and we integrate best mental health practices alongside a deep commitment to conservation.

At Alive Eco-Journeys, we aim to raise awareness about our profound connection to nature and encourage personal growth through this awareness. Whether in an urban park, a rugged mountain, a calming forest, the open ocean, or the vibrant bush, each Eco-Journey is customizable to your needs ranging from a few hours to a week-long adventure. We collaborate with seasoned experts, naturalists, and adventurers who live and breathe nature exploration to ensure every experience is both enriching and empowering.

Penni Cox

Founder and Lead Psychologist

MPsych Cum Laude (NMMU)

BPsych (Stellenbosch)

Former UN Staff Counsellor

Keynote Speaker



-  Counselling Psychologist (HPCSA Registered 2008)
-  Dialectical Behaviour Therapy Certified (SA DBT Institute)
-  Advanced Eco-Psychology Certified (Pacifica Institute)
-  Ecotherapy Nature Connection Practitioner (Zen Guiding)
-  Brain Wiring Recursive Technique Certified (BWRT Institute)
-  Applied Suicide Intervention Skills Training Certified (Livingworks)
-  Trained Medics Sans Frontiers Mental Health Advisor (MSF-OCB)
-  Ted X Speaker: “Be curious, be connected” (Cape Town Ted-X)
- Current Keynote: “Wild By Design”

“A truly nourishing experience for body and soul where you are given all the permission you need to lose yourself and find yourself in nature. Recommended!”

Adam Storey
Chartered Psychologist

*“I am glad I was able to participate...
such a beautiful thing to combine psychology
with nature!”
Anisa, Eco-Journeyer*



If you're curious about how an Alive Eco-Journey could benefit your team or personal well-being, we would love to connect and discuss the possibilities. Keep an eye out for upcoming experiences both in South Africa and abroad, and we look forward to our paths crossing as we find ourselves outdoors.

**“Tell me, what is it that you plan to do with
your one wild and precious life?”**

Mary Oliver

✉ AliveEcoJourneys@gmail.com

in [Let's connect on LinkedIn!](#)

☎ 0662226522

🌐 www.AliveEcoJourneys.com

📷 [alive_ecojourneys](https://www.instagram.com/alive_ecojourneys)

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upcoming Alive Eco-Journeys

