



Find yourself outdoors

“Grow your way” Garden day

Cardiff Hill Lane Garden
Buccleuch, Sandton

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

a garden immersion

Can you permit yourself a day of reflection, and connection?

Alive Eco-Journeys curates therapeutic adventures

This is more than just exploring a garden, it's an invitation into a guided, full day emersive therapeutic space to gain new perspective about yourself . Our goal is to infuse you with new and practical 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 of your self-growth skills and strategies, or know you should get on the adventure of self-growth but have no clue where to start!? Do you just need a day to yourself to check in, and ground?

“Grow your way garden day” is a specially curated experience where you will have activity stations both indoors and outdoors set up to facilitate your unique journey. 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 has tried and tested them with not only her clients but herself! She will be present throughout the day to partner with nature and your intuition, as you walk the road that you need to at Cardhiff Hill Lane Garden.



- 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
- What needs to go?
- Where to from here?

COME WITH AN INTENTION OR QUESTION, AND TAKE AN INTUITIVE JOURNEY THROUGH THE GARDEN

*Your Eco-Journey will
be as unique as your
bare footprint*

- Reciprocal conversations with nature
- Mindful body stretch
- Curated garden activities
- Projection Measures
- Art material
- Therapeutic books
- Musical instruments
- Breathwork Group
- Meditation Group
- Process Group
- Mindful Observation
- 5 senses
- Structured journal exercises



Logistics

DATE: 20 September 2025

VENUE: 1 Cardiff Hill Lane, Buccleuch, Johannesburg

TIME: 7.30m - 5pm

PARKING: Safe parking with car guard

INVESTMENT: R3000 (R2500 early bird by end of August)

What are the steps to take?

1. Put your name on the waiting list indicating your interest
2. AEJ will contact you for an introductory chat to meet you
3. Payment secures your slot (Limited slots)



Included in the price

- 🌿 Welcome coffee and rusks will usher us into the early morning
- 🌿 Awaken ritual comprising stretching, breath work and meditation
- 🌿 Map of the garden and all material for activities
- 🌿 Self-guided reflective garden activities, creative corner and library
- 🌿 Breathwork and meditation sessions
- 🌿 Therapeutic guiding through the day
- 🌿 Reflective group discussions
- 🌿 Light breakfast comprising fruit, yoghurt and pastries
- 🌿 Light Lunch (Preferences catered for)
- 🌿 Refreshments throughout the day
- 🌿 Farewell Amarula (non-alcoholic option available) ritual
- 🌿 Bridging gift

Optional Extras (additional cost)

- 🌿 30 minute back and shouler massage (places limited with Wawethu Day Spa on location)
- 🌿 Follow up online session with Penni

How to show up to the day

- 🌿 Open, playful, curious and kind
- 🌿 Wearing comfortable weather appropriate clothes
- 🌿 A hat, sunscreen, waterbottle
- 🌿 A sarong or blanket to sit in the garden
- 🌿 Deckchair if you dont want to sit on the ground

Why not make a weekend of it?

Guest rooms available for this event,
contact Penni to book



Jacaranda room

Hadida spacious room

Tortoise Two bedroom apartment



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 2006)
- ✦ Dialectical Behaviour Therapy Practitioner (SA DBT Institute)
- ✦ Advanced Eco-Psychology Certified (Pacifica Institute)
- ✦ Ecotherapy Nature Connection Practitioner (Zen Guiding)
- ✦ Brain Wiring Recursive Technique Practitioner (BWRT Institute)
- ✦ Applied Suicide Intervention Skills Training Certified (Livingworks)
- ✦ Former UN Staff Counsellor (United Nations)
- ✦ 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. Penni gives you 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

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

☎ 0662226522

 www.AliveEcoJourneys.com

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

Scan QR code to receive nature
connection tips and updates on
upcoming Alive Eco-Journeys

