



Turun kesäyliopisto

kaikille avointa kaikkina vuodenaikoina

Garden and nature for health and well-being at all stages of life

6 to 7 September 2011



With 25-year knowledge on her fields, Supervisor supervisor and occupational therapist Yvonne Westerberg tells in the workshop about the well-known therapeutic gardens she has developed and started in Stockholm: The Garden of Senses and The Haga Healing Garden. This inspiring workshop is based on multidisciplinary research results and experiences which are clinically proved. She takes the participants to a journey to the healing powers of garden and nature.

Venue	Turku University
Speaker	Yvonne Westerberg , supervisor and occupational therapist, Ergoflora Ab, she has developed the Healing Garden (Hälsoträdgård) therapy method
Assistant	gardener, visual artist Armi Laukia
Target group	social and health care personnel, gardeners, landscape designers
Content	lectures, workshops, discussion and feedback
Participants	no limit to morning lectures; in the afternoon max. 15 participants
Equipment	warm clothing and seat cover for out-of-door workshop
Price	400 €/2 days, 100 €/morning lectures at 9 - 12
Applications	by 12 August 2011 to the Turku Summer University www.turunkesayliopisto.fi , +358-2- 232 3302 Please note cancellations should be done without any costs by 12 August 2011. Otherwise the full fee will be charged.

PROGRAM – Seminar will be given in English and Swedish and translated into Finnish when needed.

Tuesday 6 Sept 2011

9.30 - 10.00	Registration, coffee/tea with sandwich
10.00 – 12.00	Garden of Senses/Sinnenas trädgård - Lecture, discussion 15 min break
12.00 – 13.00	Lunch break
13.00 – 16.00	Work shop in the nature, Find your own place - feedback 15 min break
	Home work



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Wednesday 7 Sep 2011

- 9.30 – 10.00 **Starting the day, coffee or tea**
- 10.00 – 12.00 **Haga Healing garden /Haga Hälsoträdgård**
- for Health, Rehabilitation and Methods how to create balance in our lives
- **Lecture, research results and discussion**
15 min break
- 12 – 13 **Lunch break**
- 13 – 16 **Feedback on Home work**
Work shop/Therapy guiding in the nature
15 min break
Literature list and references
Summary and Closing words



It is possible to have an extra day on garden and nature from the mindfulness point of view with separate fee in October, in case participants so wish.



Supervisor, occupational therapist

Yvonne Westerberg

www.ergoflora.se

Garden of Senses/ Sinnenas Trädgård, Sabbatsberg, Stockholm

<http://www.stockholm.se/Fristaende-webbplatser/Stadsdelssajter/Normalm/Sinnenas-tradgard/>

Haga Healing Garden, Haga Hälsoträdgård, Hagaparken, Stockholm, <http://www.haga.se/>

Park of Senses and Memories/Sinnenas och Minnenas Park, Hällefors, Sweden

http://www.halleforsbostad.se/index.php?option=com_content&view=article&id=157&catid=35&Itemid=68