



Find yourself outdoors

*Coming soon to Cape Town, Gqeberha, Durban,
Kenya and Zimbabwe*

Silent Stroll

**Soothe your reptilian brain
Switch off autopilot
Spark vision**

Run monthly in Johannesburg, and privately for groups and teams

INVESTMENT: Experiences range from R500 - R1500 per person

WAITING LIST: Sign up on website or link below to receive info of upcoming Silent Strolls, only 10 slots per experience

Packages and Gift Vouchers available

[Sign up to waiting list](#)

"I took a walk in the woods
and came out taller than the trees"

Henry David Thoreau



90 minute and 3 hour Silent Stroll

Silent Strolling with a kind community is an opportunity to soothe your reptilian brain (fight and flight), switch off autopilot (monotony), and spark your vision. We all need some space to decompress, but even doing that alone in nature can be difficult at times as our internal world remains loud and distracting. In this day and age we are craving to tap into the natural part of ourselves that simply feels “at ease” - where wellbeing and inspiration thrive.

In our fast-paced world, we often get trapped in reactivity, tackling tasks without reflection. The Silent Stroll allows you to unplug, embrace nature, and receive insights without working for them!

Over this 90 minute or three-hour Alive Eco-journey, we'll embark on a therapeutic nature connection walk with a difference, creating space for ideas and reflections to flow. We will do this by putting devices away, and walking both slowly and in silence - so it's a challenge at first!

This experience is led by Penni Cox, a qualified psychologist and ecotherapy nature connection practitioner, ensuring you gain therapeutic insights that transform nature's revelations into practical steps for your daily life. After the stroll, we will debrief with the group (you don't have to share if you don't want to!) and in the 3 hour experience we will also engage in a guided journaling exercise to refine your insights leaving you with powerful downloads .

To ensure a quality Eco-Journey the group will be capped at 10 Alive Eco-Journeys (unless curated specially for a group).

Take this opportunity to reconnect with yourself, shift your perspective, and harness your free spirit. Join us for a refreshing experience that supports your growth.



Penni Cox

Founder and Lead Psychologist

MPsych Cum Laude (NMMU)

BPsych (Stellenbosch)

Former UN Staff Counsellor

Keynote Speaker

"I am glad I was able to participate... such a beautiful thing to combine psychology with nature!"
Ariisa, Eco-Journeys

- 🍃 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 where you are given all the permission you need to lose yourself and find yourself in nature. Recommended!"

Adam Storey
Chartered Psychologist





About AEJ

Alive Eco-Journeys has spotted 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 are registered mental health professionals that 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.


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

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

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

 www.AliveEcoJourneys.com

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

