

PORTFOLIO

LUONNON KOSKETUS (TOUCH OF NATURE)

Johanna Salmi

Ecotherapy practitioner

Psychotherapist



Ecotherapy for individuals and groups

- Connecting with ourselves and with nature
- Finding our place as a part of nature
- Finding our way to connection with something bigger than ourselves



Connection 1/3

- Slowing down
- Learning embodied presence in the here and now
- Practicing sensory mindfulness in nature
- Witnessing the tiny miracles of nature



Connection 2/3



- Connecting with self
- Finding out who we are, what we like, what we dream of
- Becoming who we are meant to be
- Letting nature help us by being an accepting mirror



Connection 3/3

- Feeling safe and held in nature
- Finding our way from loneliness and separation towards a sense of belonging
- Allowing nature to welcome us back home to her nurturing care



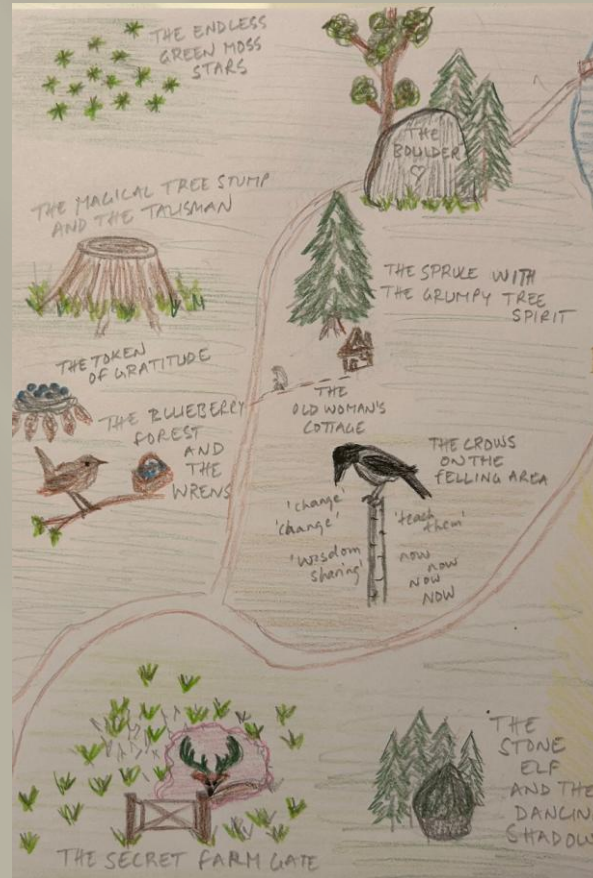
Creativity 1/2

- Using art as a way to connect with ourselves and with nature
- Ephemeral nature art
- Playfulness and joy



Creativity 2/2

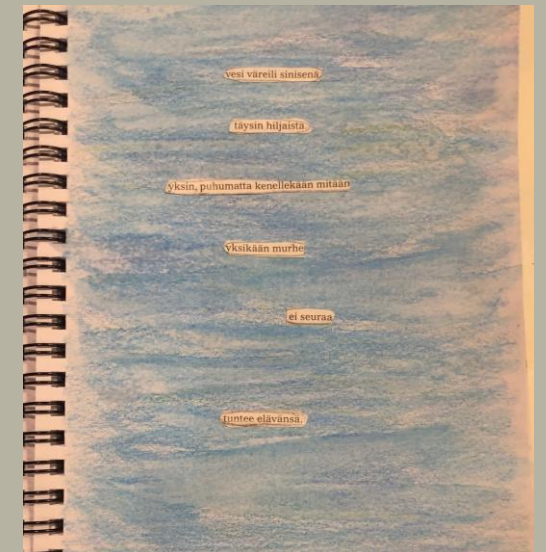
- Being inspired by nature
 - Poems and stories
 - Drawing and painting
 - Photography and collages
- Connecting with nature through movement and dancing



Mythic map of nature inspired stories



Stone-crone



Symbolism

- Nature based spiritual practices
- Working with spirit animals and nature spirits
- Working with the wisdom of oracle cards and Tarot and combining them with ecotherapy
- Connecting with myths and practising storytelling



Rituals

- Creating rituals and ceremonies
- Embracing the sacred in nature
- Awakening and fostering gratitude



Contact

For further information or enquiries about:

- One-to-one sessions
- Group sessions
- Workshops
- Day retreats

Please contact:

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