

Mindfulness for Sustainability

Enhance your wellbeing and the planet

22nd March 2025 | 21st June 2025 |
20th September 2025
Perdana Botanical Garden, Kuala Lumpur
7:30 am to 10:00 am
RM 169 per pax



Ru Yi Teh

- ESG and Sustainability Consultant at Bernard Business Consulting
- Nature coach

Program Introduction

Humans are deeply reliant on natural resources, yet we often overlook our connection to nature. This disconnection has contributed to climate change and uncompassionate behaviors that harm the environment. Mindfulness can bridge this gap, helping us become more present and aware of our thoughts, feelings, and surroundings. This workshop introduces forest bathing, a Japanese practice rooted in tradition, as a mindfulness technique. More than just a walk, forest bathing involves connecting with nature on a profound sensory level.

What You'll Learn

1. Integrate nature connection techniques into your daily routine.
2. Practice mindfulness techniques regularly to enhance well-being.
3. Incorporate meditation into your daily life for inner peace and focus.
4. Grasp the interconnectedness of personal and planetary health.
5. Define and understand the concept of sustainability.

What You'll Enjoy

1. Guided forest bathing walk with nature based activities
2. Guided meditation
3. Space to share and be inspired within a small group
4. Experiencing how connecting with nature benefits your wellbeing





“The most important thing that we can do for the healing of our world is to hear inside ourselves...”
- *Thich Nhat Hanh*

Please scan the QR code to register or
[Click here to register](#)



Contact Bernard Business Academy for Registration

Bernard Business Consulting Sdn. Bhd. (201701033486/1247657-M)

Tel: +603 - 8081 9069

Email: academy@bernardbc.com

Website: www.bernardbc.com/academy

Confirmation of Registration

Full payment is required for seat confirmation.

No Cancellation

Please note that cancellations are not allowed once we receive your payment.