



Team Events

Foraging, Nature Connection & Laughter Yoga

Taking your team from stressed & overwhelmed to energised, recharged and reconnected!

Why choose this experience with Joyful Outdoors

In our fast-paced, screen-filled world, many of us have become disconnected from the natural world, and from each other. This experience is designed to gently reawaken that connection. Time spent outdoors, learning new skills, and sharing laughter helps people feel more present, grounded, connected and recharged.

Clients say...

"Elspeth ran a Laughter workshop for our NHS Trust and it was **absolutely brilliant**. Her enthusiasm and laughter is contagious and all the staff attending left with a big smile on their face and a **spring in their step**. Laughter yoga is the ultimate feel good session and Elspeth was just fabulous."

Hollie Montague, Royal Surrey NHS Trust

"Pure joy, delight and energetic release! Elspeth has such range and depth and breadth of skills and experience and to cap it all is a genuinely lovely, warm, open and heartfelt person to work with. I would thoroughly recommend her."

Biba Binotti - Global Warriors

"It felt like I'd had a **holiday!**"

Miles Hawkins



The experience

Starting with a foraging and nature connection walk, we'll explore the edible plants & native trees found at your chosen location. You'll learn to identify them and discover their traditional uses. This walk is designed to be interactive, sensory, and accessible for everyone, with plenty of opportunities to engage, ask questions, and get hands-on.

After the walk, we'll come together for an uplifting laughter yoga session - a unique wellness practice proven to reduce stress, boost mood, and bring people together in a joyful, lighthearted way. Laughter yoga is accessible to everyone and is a brilliant way to break down barriers, ignite energy, and leave the group feeling connected and uplifted.

Why choose Joyful Outdoors

- Personal approach: Every session is led & curated by me, Elspeth - passionate forager, qualified ethnobotanist, and laughter yoga leader - with warmth, care, and a genuine love of sharing nature.
- More than just a walk: I combine foraging, nature connection, and laughter-based wellness to create experiences that leave people feeling uplifted and reconnected.
- Welcoming & accessible: My approach is inclusive, relaxed, and down-to-earth.
- Sustainability at heart: As a member of the Association of Foragers and endorsed by Surrey Hills Enterprises, I'm committed to helping people build lasting, respectful connections with nature.



What you can expect

- A welcoming, inclusive atmosphere where everyone feels comfortable to participate at their own pace.
- A balance of gentle, mindful nature connection and uplifting, energising laughter.
- Expert guidance in foraging and laughter wellness from an experienced facilitator.
- Time to connect with colleagues in a relaxed, informal way.

2026 Guideline Pricing

2-2.5 hour session

To include both a foraging walk and laughter yoga, tailored to your needs.
£1,350 – £1,850 for up to 20 participants.

Firm quote will vary according to final numbers and the location.

This can be scaled up or down in terms of time and numbers, according to need, on a case by case basis, with a minimum fee £750..

Groups of over 20 to be quoted individually.

Please get in touch to discuss your requirements so that I can provide a bespoke workshop that meets your budget and your needs.

Find out more & book:

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joyfuloutdoors.co.uk/corporate

 **Joyful
Outdoors**

