

Healthy Planet

Sustainable living habits for
personal and planetary wellbeing.



Our Planet classes help participants adopt simple, practical habits to live more sustainably, reduce environmental impacts, and foster healthier lifestyles that benefit both individuals and their communities.

Coaching for a healthy planet

- DIY natural health and beauty
- Eco-friendly household cleaning
- Guided urban hikes and city nature walks
- Home energy management for lower carbon footprints
- Making and mending clothing and textiles
- Plant-based nutrition and sustainable cooking
- Plastic-free living strategies and resources
- Urban agriculture and small-space gardening

