

Bringing You The Rejuvenating Power of Nature



Introducing iEcotherapy - Mindful Ambiance

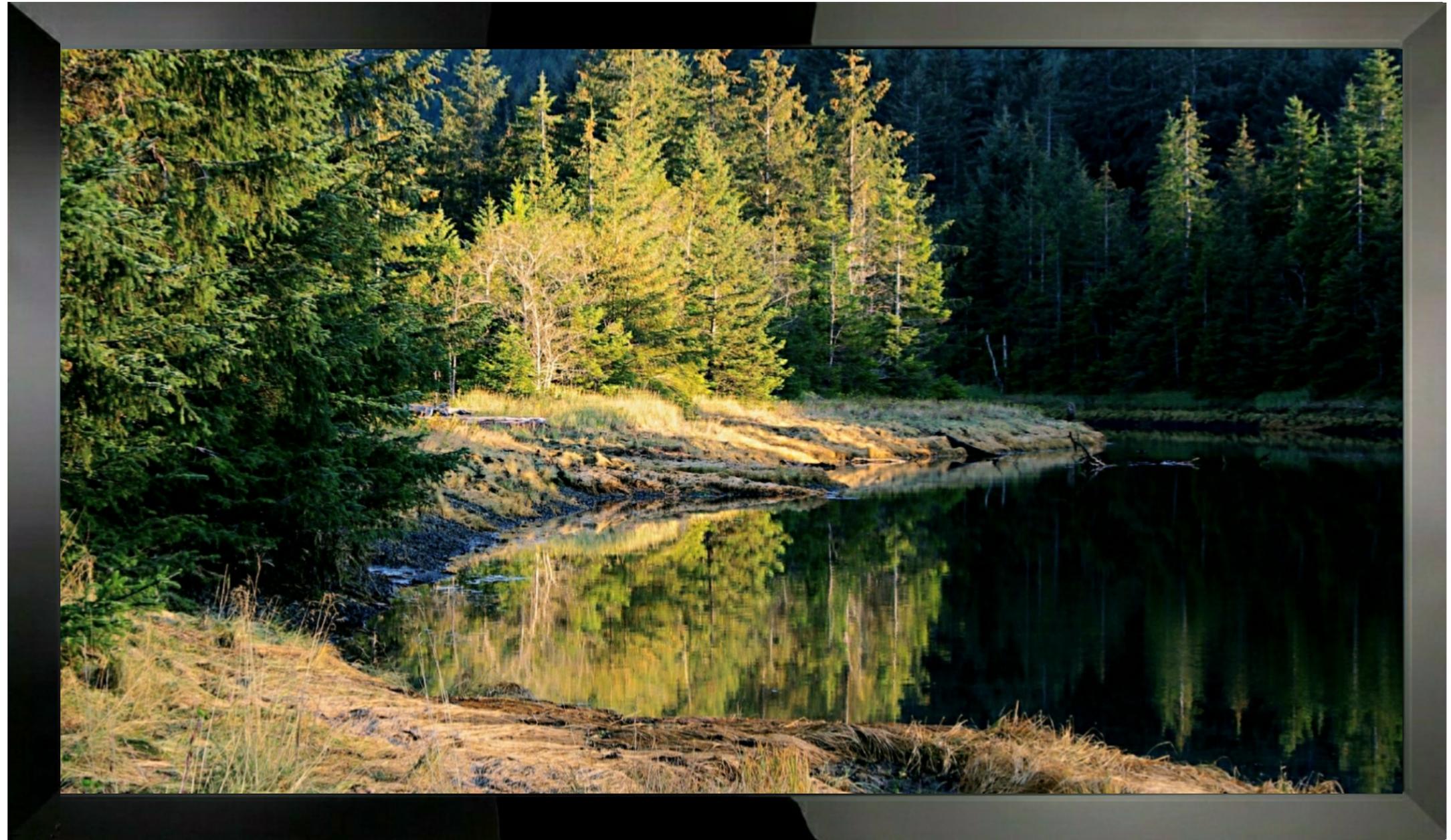
iEcotherapy captures cinematic-imagery from unspoiled natural environments to be shared with individuals and groups who cannot readily access natural environments, and who would benefit from interaction with nature.



Time spent in nature has been long-known to be beneficial for human health: mind, body and spirit. In the past forty years, lifestyles have shifted and children today spend 90% less time outdoors than their grandparents' generation. Further, many individuals find it difficult to access the natural environment, particularly in densely populated, urban locations. Additionally, there are many specialized and disadvantaged populations that could benefit from more time in nature, including those dealing with physical and mental illness, school-age children, homeless and family violence shelter residents; and incarcerated individuals.

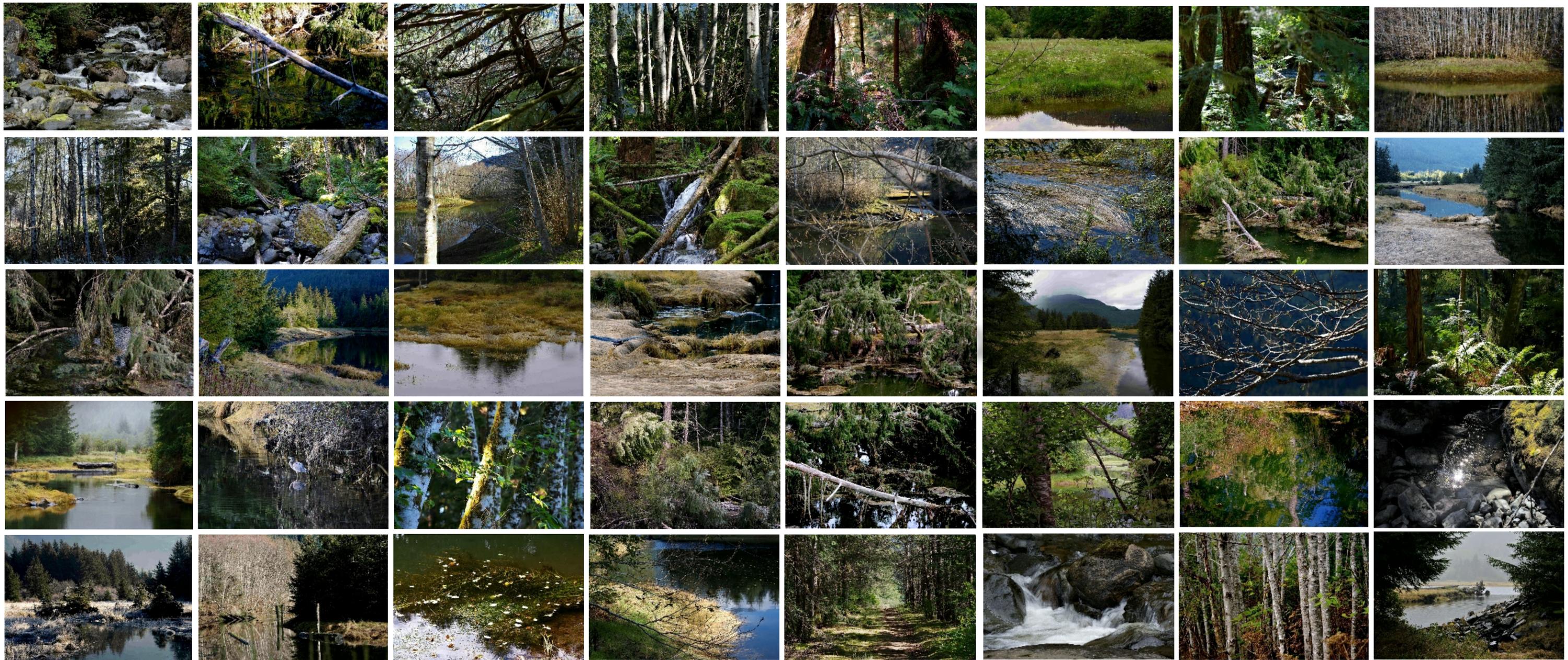


No matter the age, cultural background, language, or other factors of human diversity, natural beauty is universally appreciated and enjoyed. As such, iEcotherapy offers a multitude of possibilities for cross-cultural, and multicultural applications. We are all indigenous to some place, and human survival is linked to complex, interconnected natural systems.



## Methodology

High quality nature cinematography is specially created to transport the viewer to natural spaces. iEcotherapy is easily accessible to a wide variety of environments with minimal equipment and set-up. Viewed on HDTV, iEcotherapy video transforms indoor spaces by providing a calming and restorative ambience to support reflection, relaxation, creativity, and heightened sensory awareness. As such, iEcotherapy offers a wide variety of applications including workplace, schools, institutions, health care, mental health care, shelters, prisons and more.



“iEcotherapy is unique in that it has potential to unify and create understanding within diverse, multi-cultural contexts. As individuals reflect and engage with natural imagery, it is my hope that they are seeing themselves within a common story, and that this brings both new awakenings and a welcoming experience of belonging and inclusiveness.”

Marek Julian Zaleski

## TESTIMONIALS

“Willow Place is delighted to announce a new partnership with photographic artist and cinematographer, Marek Zaleski. Zaleski is the founder of the Vancouver Island Museum of Nature in Courtenay, BC, and he was inspired by the novel coronavirus pandemic to share his healing videos with non-profit groups serving vulnerable populations. Artist understands that our residents in shelter may not be able to readily access green spaces due to personal safety issues, as related to family violence and as also impacted by current health precautions with coronavirus. The hope is for Willow Place to pilot a healing environment called an iEcotherapy Room in the months ahead. To help Willow Place get started with iEcotherapy, Zaleski is donating a number of 30 minute and 3 minute nature videos to use for staff wellness and client therapeutic support. Willow Place foresees that a dedicated iEcotherapy space could be used for groups, activities, expressive arts-based therapy, trauma-informed yoga, cultural programming, and staff wellness.”

**Pam Hadder - Community Coordinator Willow Place, Inc.  
Woman & Children's Family Violence Services in Winnipeg** (June 15th 2020)

“Those living in long term care do not have the opportunity to access nature in the same way they did earlier in their lives. Marek's iEcotherapy is beautiful and peaceful. They help us all feel connected to the colours and sounds of the amazing world around us; the next best thing to being there!”

**Liz Friis  
Director of Resident Lifestyle & Community Programs  
Glacier View Lodge Courtenay**

“Campbell River Hospice has been working very closely with Marek Zaleski. Together, we have developed a specific iEcotherapy content: “Palliative Reflections” for our palliative clients upon which we can deliver nature to them at home, in the hospital, and in long term care facilities. “Palliative Reflections” is geared to be calming, cooling and strikingly beautiful.”

**Jacqueline Spies  
Executive Director  
Campbell River Hospice Society** (March 2017)

“iEcotherapy is a valuable and transformative tool for individuals with mental illnesses.”

**Robyn Ellsworth  
Administrator, Campbell River Beacon Club** (June 2015)

“Those who participated in the mindful therapeutic based portion of the pilot project, report a shift in how they felt following the use of the iEcotherapy as a tool in mindful practice. We endorse iEcotherapy as an effective tool with potential healing applications across a variety of healing domains”

**Allan Campbell M.A. , RCC MH&A Program Manager  
Kwakiutl District Council Health Campbell River** (February 2014)

A project by Vancouver Island Museum of Nature Society

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*Be a Part of the Change*