

Anti-stress series

# Date with nature

from the creators of  
HOME 4K and  
Wild Nature TV channels

**HOME**  
4K  
**ME**



WILD  
NATURE

## Synopsis

The anti-stress series "Date with nature" stops the flow of disturbing obsessive thoughts and puts into a state of peace, integrity and fullness. The series consists of 10 episodes of meeting with unique natural phenomena. The series is based on the video materials shot by the team of TV channels Wild Nature HD and Home 4K. Filming took place for 8 years in more than 350 locations around the world.

## What audience is it all for?

- For residents of large cities and small town in isolation and quarantine.
- For people of intellectual labor experiencing increased psycho-emotional stress: senior and middle managers, teachers, scientists, etc.
- For mothers who create a natural and safe environment for their children at home.
- For people who practice meditation or yoga.

**The first  
season**

**10 episodes**

**UHD/HD**



## Episode 1. Waterfalls

30 min. 50 sec.

We are ready to travel thousands of kilometers to see magnificent waterfalls. Waterfalls are often called places of power. Falling water charges us with energy, and myriads of water droplets awaken us. Feel the power and freshness of the waterfall inside yourself.

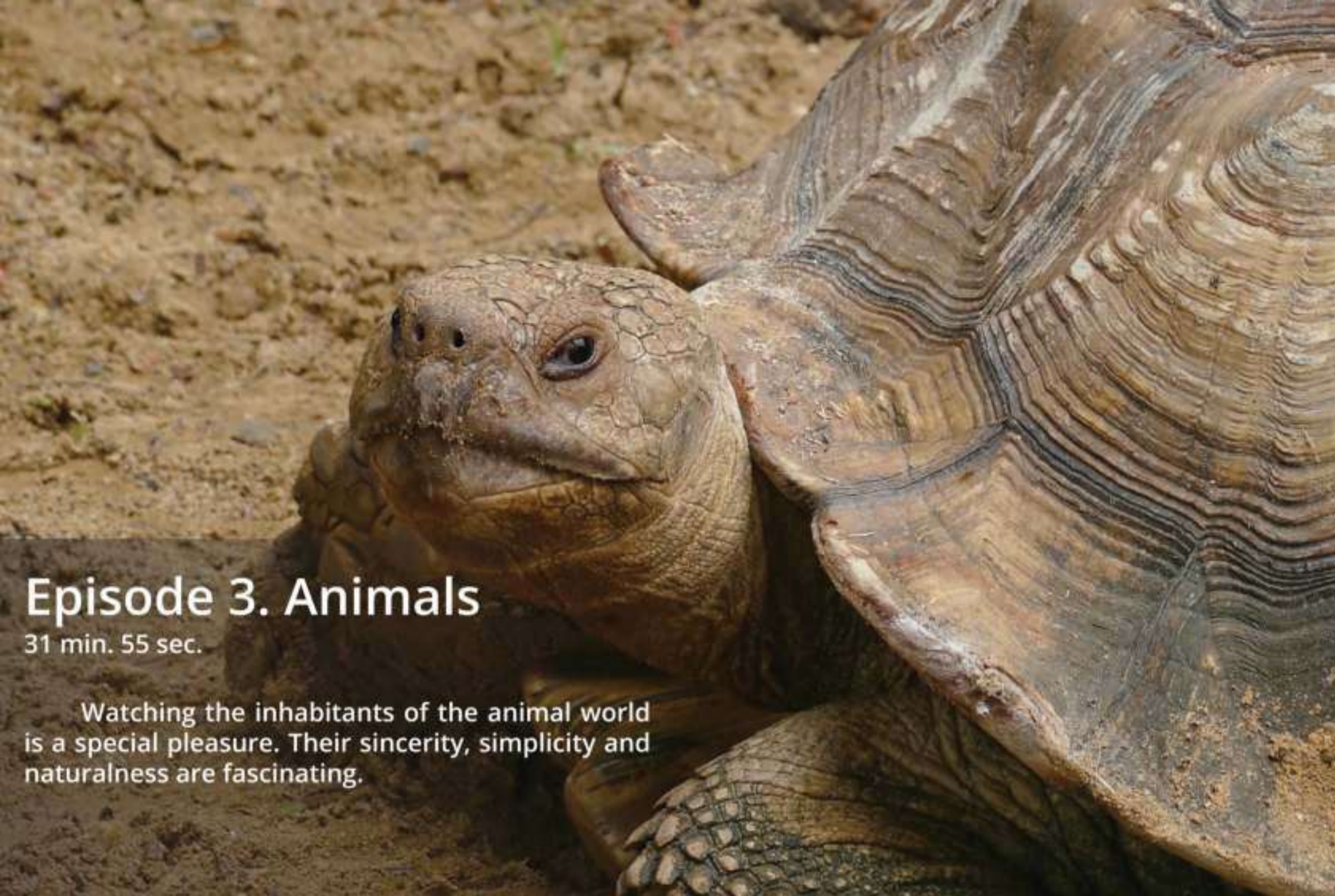
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## Episode 2. Mountains

30 min. 45 sec.

Mountains are a symbol of perseverance, wisdom and unlimited patience. They remind us of the eternity of the spirit, of internal strength that can withstand any test. Feel this power within yourself.



## Episode 3. Animals

31 min. 55 sec.

Watching the inhabitants of the animal world is a special pleasure. Their sincerity, simplicity and naturalness are fascinating.

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## Episode 4. Winter

32 min. 10 sec.

Mysterious, magical, surprisingly beautiful! Such is winter in the central part of Russia. White color calms the nerves, and creaking of snow under your feet sets you up for a creative mood. The winter landscape is a source of real aesthetic pleasure. Feel the mystery of winter inside you.

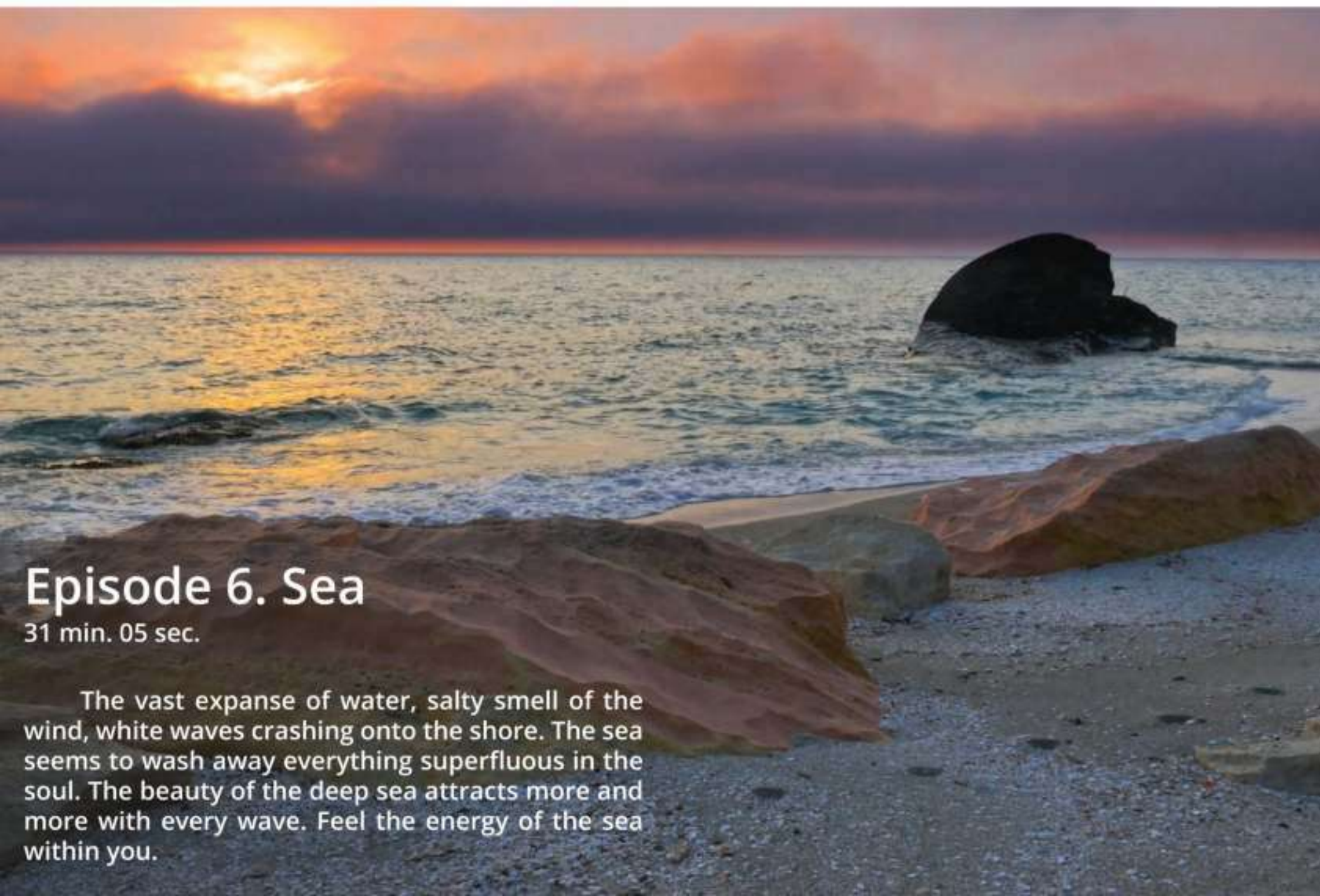


## Episode 5. Forest

32 min. 15 sec.

Silence, rustling leaves and singing birds. The forest is a magical realm full of riddles and mysteries, where time stands still. Feel the magic of the forest inside you.

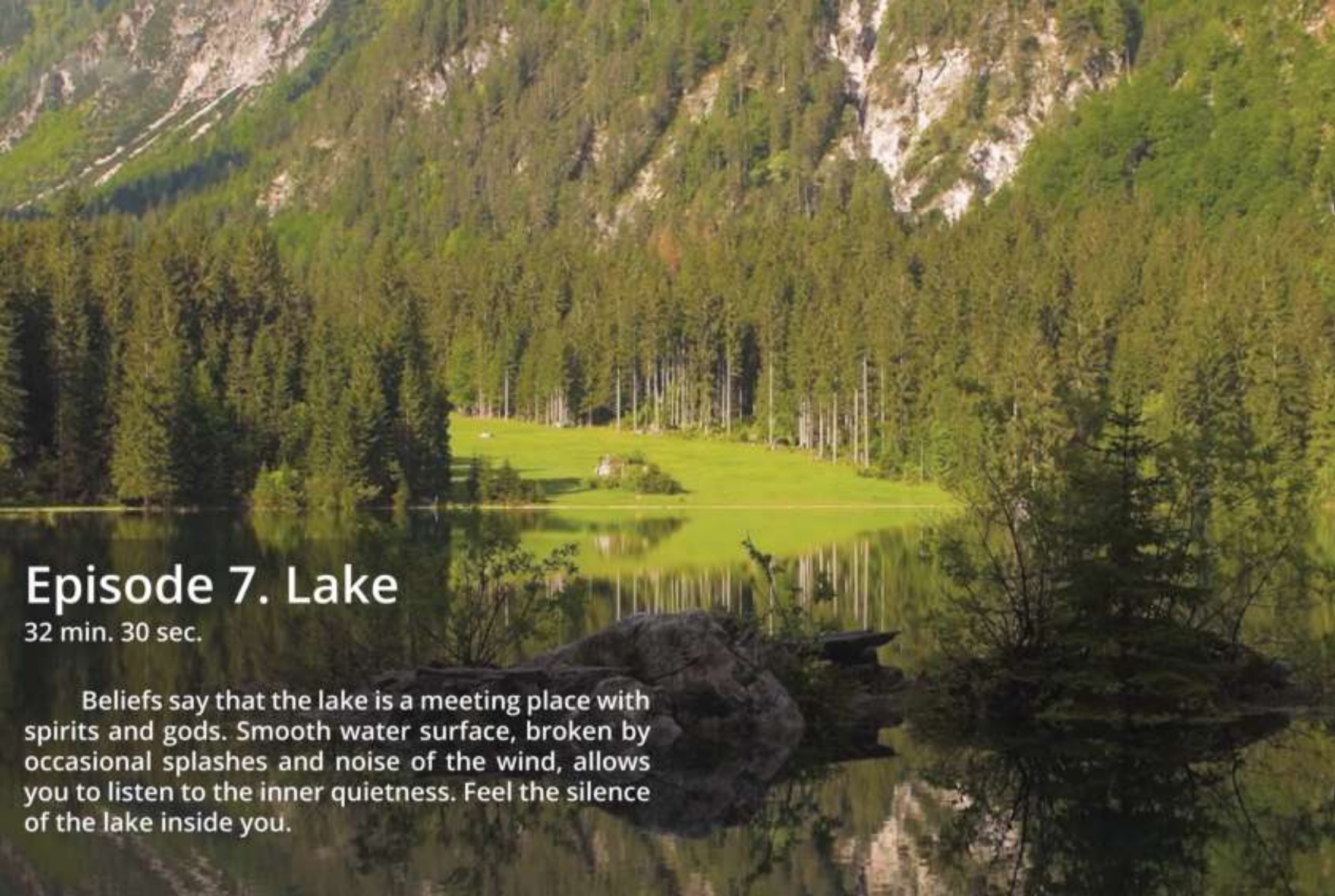
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## Episode 6. Sea

31 min. 05 sec.

The vast expanse of water, salty smell of the wind, white waves crashing onto the shore. The sea seems to wash away everything superfluous in the soul. The beauty of the deep sea attracts more and more with every wave. Feel the energy of the sea within you.



## Episode 7. Lake

32 min. 30 sec.

Beliefs say that the lake is a meeting place with spirits and gods. Smooth water surface, broken by occasional splashes and noise of the wind, allows you to listen to the inner quietness. Feel the silence of the lake inside you.

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## Episode 8. Autumn

31 min. 45 sec.

Autumn is no reason to be sad. Bright colors, fire of sun glare, flowers and berries. Nature is changing, putting on a new outfit. Autumn inspires you and touches subtle strings of the soul. Feel autumn sound inside you.



## Episode 9. Rivers

32 min.

Rivers are arteries that support life on Earth. The flow of the river fills the world with energy. Feel the power of the river within you.

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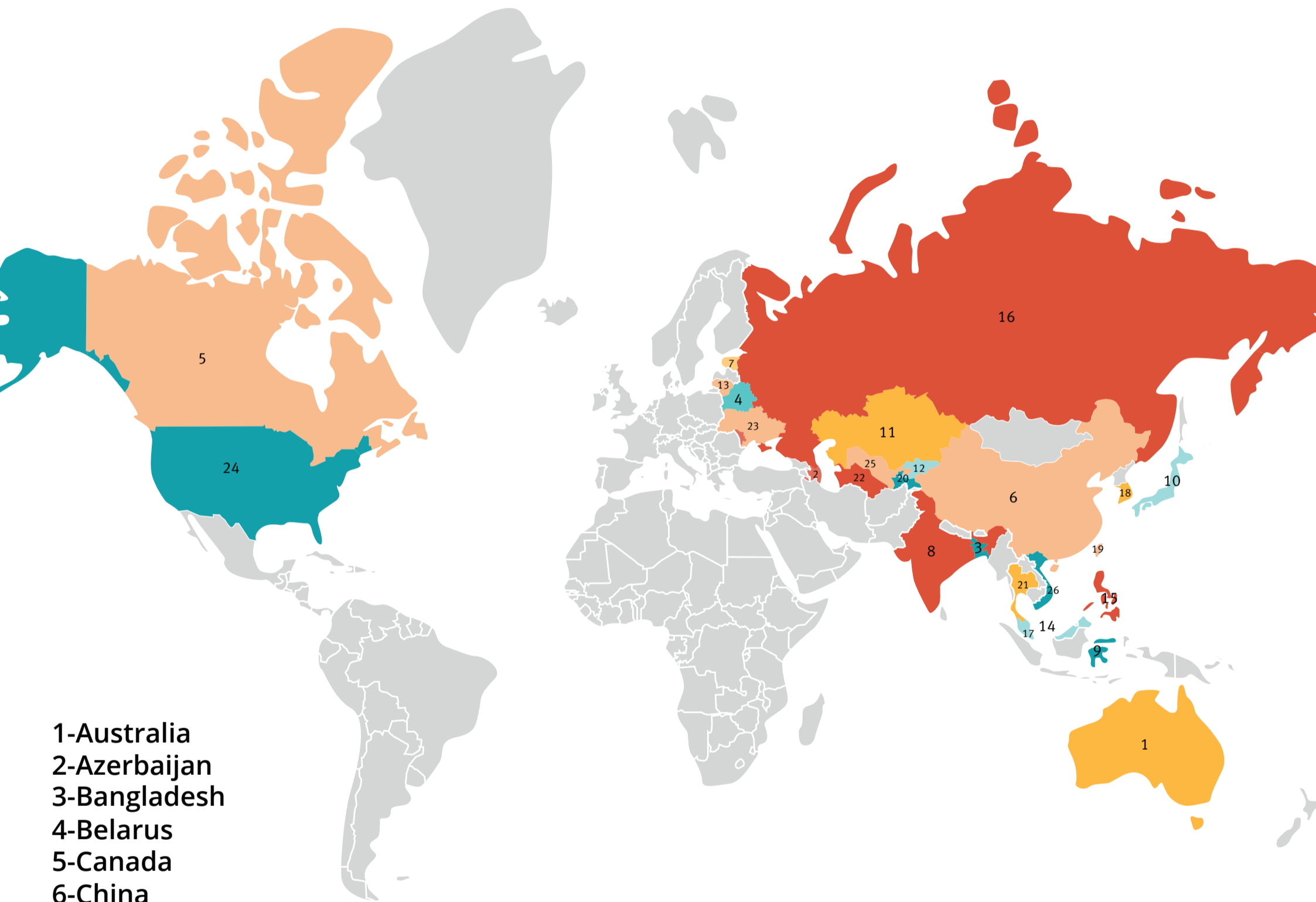


## Episode 10. Flowers

30 min. 50 sec.

Flowers are a smile of the sun, giving joy. They are exquisite in color, shape, aroma. Enjoy the beauty and perfection of flower world.

# Our mediaproducts geography



- 1-Australia
- 2-Azerbaijan
- 3-Bangladesh
- 4-Belarus
- 5-Canada
- 6-China
- 7-Estonia
- 8-India
- 9-Indonesia
- 10-Japan
- 11-Kazakhstan
- 12-Kyrgyzstan
- 13-Lithuania
- 14-Malaysia
- 15-Philippines
- 16-Russia
- 17-Singapore
- 18-South Korea
- 19-Taiwan
- 20-Tajikistan
- 21-Thailand
- 22-Turkmenistan
- 23-Ukraine
- 24-United States of America
- 25-Uzbekistan
- 26-Vietnam



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