

Mindful by Nature



**Reconnective Forest and Coastal Bathing
Walks for Well-Being - near Totnes, Devon**

A series of Three Guided slow-paced Walks, to pause daily concerns and mental chatter, to restore a sense of wellness and calm while immersing oneself in the therapeutic woodland and marine ambiances. A chance to let go of "doing" to explore "being", in a mindful and creative relationship with yourself, the environment and a similarly motivated group. These walks include reading of relevant poems, silent sitting and shared tea - a new way of communing with and enjoying nature ~

with Daniela Coronelli & Roy Whenary



**SUNDAYS (10am-1pm)
26th May - 16th June
& 21st July 2024**
**£22 per walk when booking
more than one walk
£26 for 1 walk**
(when booked/paid by 18th May)

"I enjoyed increased resilience during the weeks after the walks - a sense of belonging to the forest and the forest belonging to me. I felt more grounded and at home on the earth, in Devon"

~Nicky

Through somatic body-based practices, nature connectivity and mindful meditation, we guide people (including sensitive ones) to ride the waves during life transitions, to land in sustainable wellness



For details of locations of these walks & about Daniela & Roy. Visit the website below ...



EcoLW.info@gmail.com Phone: 07941-841555
<https://www.ecolifewellness.org/nature-bathing>