

# Reconnective Guided Walks

To Restore Calm & Wellness, and to Rekindle a Sense of Wonder and Awe



MINDFUL BY NATURE

~ with Daniela Coronelli & Roy Whenary

Two themed Forest & Nature Bathing Walks, in the fascinating ambience of North Woods, Dartington and in the Woods and by the Sea near Brixham

8 October &  
5 November 2023:

Sundays:  
10.30am-1.30pm



Cost: The Walks can be booked together or one at a time  
**FOR 2 - £54 / FOR 1 - £28**

Advanced Booking (before 1<sup>st</sup> October): 2-£48 / 1-£25

*Through somatic body-based practices, nature connectivity and mindful meditation, we guide participants, including those who view themselves as being “sensitive”, to ride the waves during life transitions, to land in sustainable wellness*

*“The impact of the walk felt very beneficial in terms of being with nature and really taking time to connect with it. I particularly liked meditating in nature with a supportive group and guide.*

*The pace of the walk and the distance was balanced well and suited everyone. The poetry reading was a lovely addition to the already good mix of activities and meditation” ~ Karen*



[www.EcoLifeWellness.org](http://www.EcoLifeWellness.org)

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