

A Guided Walk in Hembury Woods Autumnal Landscape, For Sensitive People

A Mindful, Calming and Optimal Self-Caring Practice for Sensitives



Sunday 27 November 22

@ Hembury Woods, Nr Buckfastleigh,
Devon ... 11.00am - 1.30pm

*During the walk, we will take a few
pauses in selected areas of the wood,
including for tea sharing*

Cost: £17-£20

Booking Open until 24 November 22

*Your guide, Daniela, brings into
Forest Bathing her long-term
experience as a course facilitator
of mindful movement, therapeutic
touch and meditation*

Forest Bathing is a guided slow-paced walk
where you are invited to connect to the natural
surroundings through sensory invitations,
breathing, movement and meditative practices.

It helps to relax and quieten the discursive mind
from the daily concerns and allows one to enter
a space of being before doing, with the
wonderous therapeutic Silva Eco-System



Increasing evidence shows how attuning
to and taking in the forest atmosphere
soothes a sensitive and easily overwhelmed
nervous system, as well as reinvigorating
the immune system

For more information & booking, please visit:
[ECOLifeWellness.org/nature-bathing](https://ecolifewellness.org/nature-bathing)
or email Daniela on: m4w.info@gmail.com

bamba.org.uk
BAMBA
CENTRAL ASSOCIATION OF BIOMIMETIC APPROACHES
REGISTERED TEACHER
FEBRUARY 2022 - FEBRUARY 2023


THE WOODLAND
presents

