

RECONNECTING AUTUMN WALKS

Sea • River • Town

Three guided nature walks in three distinct woodlands

Churston Woods (sea) • Holne Woods (river) • Totnes Arboretum (town)

SUNDAYS: 11 OCT • 8 NOV • 6 DEC 2026

10.30 am – 1.00 pm

A space to breathe and settle

Guided sensory walks for adults in midlife and beyond
who feel life has become fast, full or disconnected.

With Daniela Coronelli,

Sei-ki Touch teacher and nature-based mindfulness guide

WHAT THESE WALKS OFFER

🌿 Nature-immersion practices shown to reduce overwhelm, steady the nervous system and support mental clarity.

🌿 Unhurried pace

🌿 Sensory invitations

🌿 Small group

☕ Tea and biscuits shared in the woods

🏠 December walk ends with tea at Daniela's home

TESTIMONIAL

“ I felt nourished,
connected, more awake...
being held in a gentle group
...ing lasting. ”

~ David



**MORE INFORMATION
& BOOKING**



Website: ecolifewellness.org/nature-bathing