

MINDFUL ECOTHERAPY WINTER RETREATS



26 January - 16th February - 9 March 2025 10:15am-4.30pm

*At The Glade - Community Venue, in the still ambience of
North Woods, Dartington Estate, Totnes, Devon, TQ9 6NS*

Day Retreats programme for the benefit of the Community Health and Wellbeing, created and facilitated by Daniela Coronelli, of 'Eco Life Wellness', in collaboration with 'Woods for Wellness'



“Look at a tree, a flower, a plant. Let your awareness rest upon it. How still they are, how deeply rooted in Being. Allow nature to teach you stillness”
~ Eckhart Tolle

DATE: 26 January 2025 (10:15am - 4:30pm)

Day Retreats can be booked individually, or as a series of three, which will deepen the benefits you receive

COST (7 places): £40

Low Income Cost (5 places) £15-£30

Max number of places: 12 & Minimum number: 6

MORE INFORMATION & BOOKING:

<https://www.ecolifewellness.org/mindful-by-nature-day-retreats>

Contact: Daniela Coronelli
Email: EcoLW.info@gmail.com
or Book Direct on Eventbrite:

www.eventbrite.co.uk/e/mindful-ecotherapy-day-retreats-tickets-1077266807019

