

# SACRED SUMMER PAUSE

**Resting ❖ Restoring ❖ Reconnecting**

**A Mindful Day Retreat in Totnes, Devon  
Indoors, in the Garden & Among the Trees  
Facilitated by Daniela Coronelli**

**Guided  
Meditation**

**Mindful Movement**

**Sensory Immersion  
Walk in local  
woodland**

**11 July 2026**

**(10.15am - 4.30pm)**

**COST: £60 (£50 Concessions)**



**<https://www.ecolifewellness.org/mindful-by-nature-day-retreats>  
EcoLW.info@gmail.org 07941 841555**