

Forest and Coastal Bathing Walks



to Reconnect with Nature and Oneself

with Daniela Coronelli & Roy Whenary

SUNDAYS (10.30am-1.30pm)

13th October & 10th November 2024

*£22 per walk when booking both walks
- up to 8 days in advance (£25 for 1 walk)*

**Slow, meditative, Guided Walks, to awaken
a sense of Inner Peace, Wellness and Calm**



**Letting go
of DO-ing
and
exploring
more a sense
of BE-ing**



Nature, Poems, Silence, Tea and more ...

"I enjoyed increased resilience during the weeks after the walks - a sense of belonging to the forest and the forest belonging to me. I felt more grounded and at home on the earth, in Devon" ~ Nicky



**For details of locations of these walks &
more about Daniela & Roy.**

Visit the website below/SCAN QR Code



EcoLW.info@gmail.com Phone: 07941-841555

<https://www.ecolifewellness.org/nature-bathing>