

FOREST BATHING GUIDED WALK

for Sensitive People



with **DANIELA CORONELLI**

Do you consider yourself to be a sensitive person?

This walk has been designed with your needs in mind

Forest Bathing is a guided slow-paced walk inviting you to connect with nature through sensory invitations, breathing and simple meditative activities. **It helps to quieten the busy mind**, to relax into being and to tune into the wondrous therapeutic ways of the natural environment.

Its evidence-based benefits make it an ideal and soothing practice for people who live with a sensitive, easily overwhelmed nervous system. **Duration: 3 hours with pauses and Mindful Tea sharing towards the end of the walk.**



14 AUGUST 2022 @ HOLNE WOODS

Nr ASHBURTON, Devon

10:30AM ~ 1:30PM

Suggested Donation: £16-£20

Bookings open until 10th August 2022

For more information & booking, please visit:

ECLifeWellness.org/naturebathing

or email Daniela on: **m4w.info@gmail.com**

