RECONNECTING AUTUMN WALKS

There are Woodland environments by the Sea, on the Moor and on the edge of an Urban environment, such as Totnes ... and we like to taste the differences in such diverse locations. Our previous walk was by the sea ... So next we are on THE MOOR, then THE TOWN.



SUNDAYS: 8 NOV (Holne) & 6 DEC26 (Totnes)

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. It was lovely to be in a supported, led, group ..."
~David

MORE INFORMATION & BOOKING:

Website: ecolifewellness.org/nature-bathing