

# A Reconnective Guided Walk

To Restore Calm & Wellness, and to  
Rekindle a Sense of Wonder and Awe

~ with Daniela Coronelli & Roy Whenary



MINDFUL BY NATURE

A themed Nature Bathing Walk, through Woodland and by Sea, near Torquay. We take the concept of Forest Bathing and extend it to include the ambience of a quiet beach



**Sunday  
5 November  
2023**

**10.30am-1.30pm**



*"The impact of the walk felt very beneficial in terms of being with nature and really taking time to connect with it ... The pace of the walk and the distance was balanced well and suited everyone ..."*

~ Karen

**Cost: £28 / Advanced Booking (before 2nd November: £25)**

*Through somatic body-based practices, nature connectivity and mindful meditation, we guide participants, including those who view themselves as being "sensitive", to ride the waves during life transitions, to land in sustainable wellness*

[www.EcoLifeWellness.org](http://www.EcoLifeWellness.org)

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