

FOREST BATHING GUIDED WALK for Sensitive People



with **DANIELA CORONELLI**

Do you identify yourself as being a Sensitive Person?
This walk has been designed with your needs in mind

FOREST BATHING is the art of taking short, slow walks to mindfully tune our senses and our being into the forest atmosphere. Its evidence-based benefits make it an optimal soothing & grounding practice for sensitive people



17 JULY 2022 @ HOLNE WOODS
Nr ASHBURTON, Devon

10:30AM ~ 1:30PM

Suggested Donation: £16-£20

Bookings open until 12th July

For more information & booking, please visit:
ECOLifeWellness.org/naturebathing
or email Daniela on: **m4w.info@gmail.com**

