

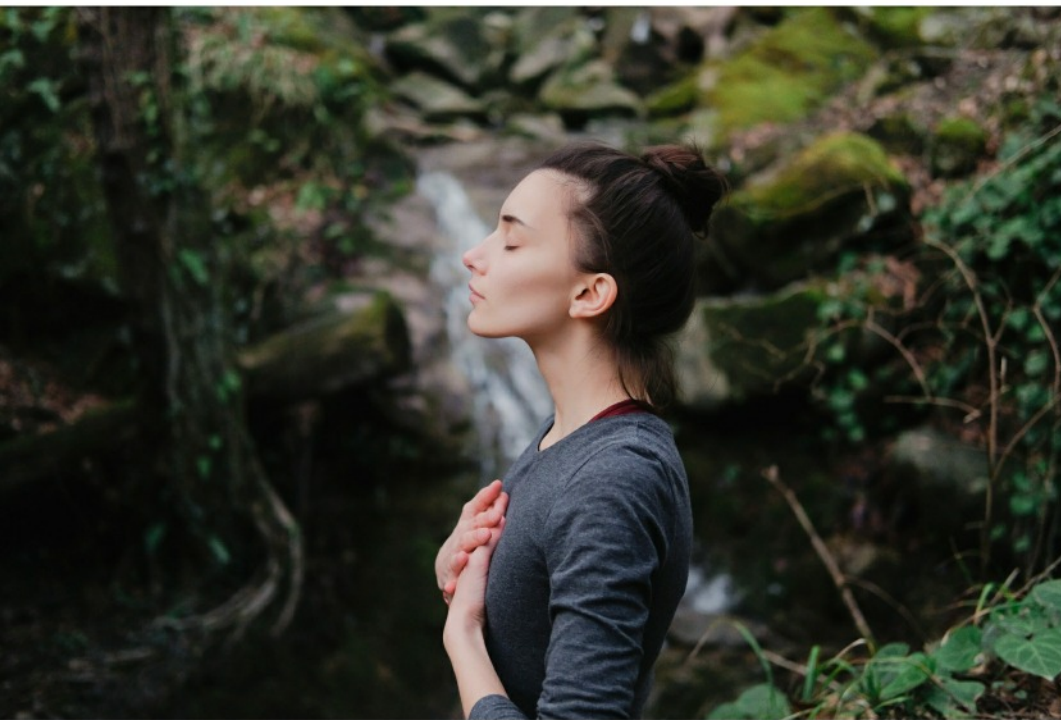
5 Nurturing Mindful Day Retreats



*At The Glade - Ecological Venue, in the still ambience
of North Woods, Dartington Estate*

Mindful by Nature

A project for the benefit of the Community Health and Well-Being, created & facilitated by Daniela Coronelli, of 'Eco Life Wellness', in collaboration with 'Woods for Wellness'



The miracle is
not to walk on water.
The miracle is to walk
on the green earth.
Dwelling deeply in the
present moment and
feeling truly alive

~ *Thich Nhat Hanh*

**DATES: 22 October, 26 November 2023 & 21 January,
18 February & 31 March 2024 (10:30am - 4:30pm)**

SUGGESTED COST BY DONATION - for facilitator: from £15 per day

MORE INFORMATION & BOOKING:

www.EcoLifeWellness.org

Contact: **Daniela Coronelli**

Email: **EcoLW.info@gmail.com**

Phone: **07941-841555**

Mindful by Nature: 5 Monthly Nurturing Day Retreats - Community Health and Well-Being Project

Maximum number of people: 12

Open to all (aged 18 and above) who have already been introduced to Mindfulness training for Stress-Reduction and Wellness, in whatever format, and to those who already integrate some mindfulness practices in their lives. A chance to refresh, re-enliven and embody these life skills, to enhance one's quality of life and to grow resilience to life's unpredictable storms, while living in a frantic world. Highly, or simply, sensitive people are welcome to join the day retreats.

Content

The day retreats will include a mix of mindful and kindness meditations, walking in nature, moving and connecting with the natural elements, bathing in silence, sharing enquiry and reflection, as well as relevant poetry, in the company of a friendly and similarly motivated group, and the crackling sound of the stove's fire. The day retreats can be booked one by one or as a group of 4 or 5, to maximise the benefits you can draw from them.

Please note: the day retreat is **not suitable** if you are currently going through episodes of acute depression or other severe mental disturbances, as it would be difficult for you to take advantage of its beneficial effects. If in doubt please email us before booking if unsure.

Your Facilitator: Daniela Coronelli

... is a seasoned and registered Mindfulness, Shiatsu Touch and somatic movement facilitator. Her long-term passion is to guide interested people to gradually disentangle from their own cage of fixated thoughts and actions, and to enter a sense of "joie de vivre" and adventure - worth living and sharing to the full. One aspect of her work takes place in natural habitats where the therapeutic effects of the environment offer the ideal ground for de-congesting and re-connecting to the fundamental ground of one's being.

**For more information on Daniela's background and qualifications please visit this link:
<https://www.ecolifewellness.org/about>**

