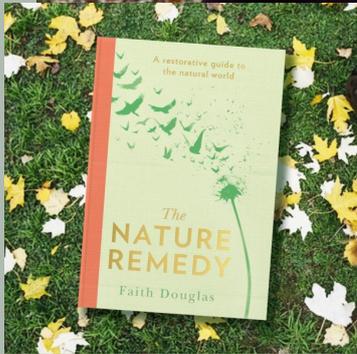




Wellness Walks Thorp Perrow Arboretum

Join Faith Douglas, Curator, Author of *The Nature Remedy*, Mindfulness Practitioner and Founder of Forest Bathing UK, for a wonderful wellness series at Thorp Perrow Arboretum.



Signed copies of Faith's book 'The Nature Remedy' will be available to purchase on the day.

These half day sessions take the seasons as inspiration, looking at how we can tap into nature's amazing ability of renewal and growth. Using proven mindfulness techniques to positively promote our physical and mental health, leaving us with a deep sense of calm that follows us home.

Your session will include an insight into the practise of mindful journaling. A self-exploration book, to promote happiness, to develop positive thinking habits, nurturing a mindful mind. Enjoy herbal tea and refreshments and spend the rest of the day exploring the beautiful grounds of the Arboretum.



"I see first-hand, not just for myself but for others too, the benefits of being within nature. It is not just people who may be unwell, in a chaotic world, it is something we can all benefit from. My aim is to introduce, deliver and teach not just those in need of therapy."



BOOK YOUR WELLNESS WALK
£35.00 or £30.00 for season ticket holders
www.thorpperrow.com

Email: enquiries@thorpperrow.com Tel: 01677 425323
Places are limited