

NATURE-CONNECTION & WELLBEING

...a look through the doorway

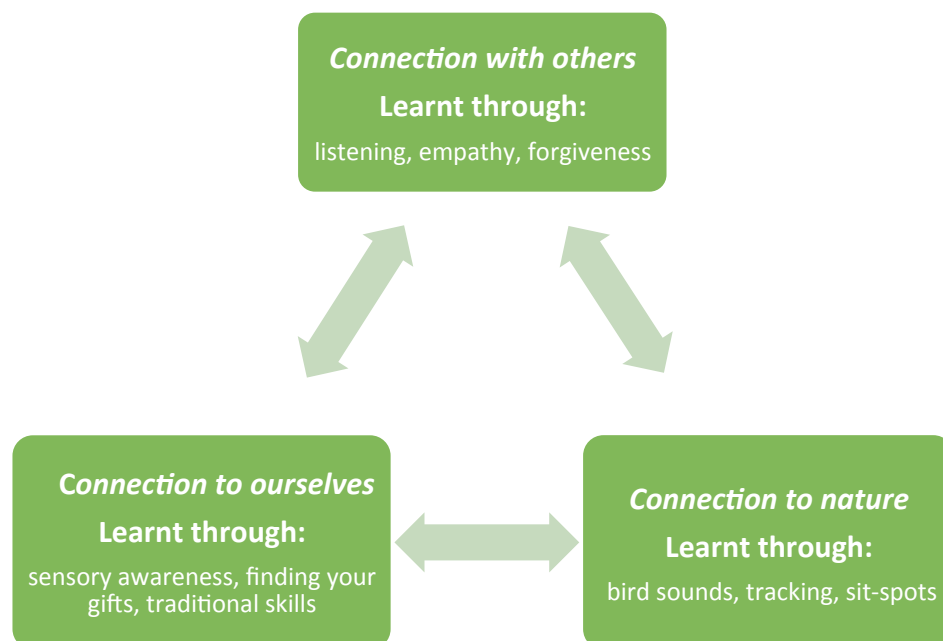


Why do we need *connection*?

Modern lifestyles are trapped in a crisis of well-being, nature-deficit disorder, sensory processing disorder, daily and chronic stress - with issues relating to emotional, physical and mental states.

What is the result of *connection*?

Nature connection helps us to feel more present and to be more mindful; in this way our senses are awakened which gives us a greater capacity for joy, vitality, empathy, self-confidence, love and forgiveness.



Let's join together in a woodland setting to discover new and fun ways to connect

Where: Leigh Court Farm, Pill Rd, Abbots Leigh, Bristol BS8 3RA

When: Wednesday evenings in June 7pm -9pm (or by private appointment)

Cost: £12 each per session, £40 for a 2-hour, one-to-one appointment

Booking: contact Steve 07802 610 494