



Wellbeing and Mindfulness Nature Connection

Life and our work can be inspiring, deeply affirming, and full of passion, learning, and friendship.

It can also be exhausting and overwhelming.

Maintaining well-being can be challenging when it feels like there is always so much that urgently needs doing.

It can be very easy to get caught up in it all.

In this workshop we will use meditation and mindfulness to remember and rediscover the ancient understanding that everything in nature is sacred and interconnected.

We will use gratitude to help us open the heart and mind, helpful before tapping into nature and the wild within.

Using participatory and interactive activities, we will take time to reflect on what we're doing in our work and lives, and how we're doing it, to make sure we're taking care of ourselves and taking care of each other.

We hope to see with new eyes ... focusing on our own lives, seeing all that has shaped who we are ... embracing this to see how we can take part in the healing of ourselves and the world.