



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



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.

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