

Mindful Month - September

Mindfulness in Nature



High Dalby in Autumn

17th September 2019 10:00 until 15:00

at:

High Dalby House, Dalby Forest Drives, Pickering North Yorkshire
Including "shinrinyoku" - forest bathing

www.highdalbyhouse.com, <http://www.shinrinyoku.co.uk>,

Led By

Faith Douglas

Founder Forest Bathing UK

Curator Thorp Perrow Arboretum

Faith Douglas set up Forest Bathing UK to bring something back to this country that not only other cultures practice but our ancestors did too

To book email plantation@talk21.com or

Phone 01751460001

High Dalby House is a newly established place of retreat and is the home of

Anglican Priests Rev Dr Linda Robinson and Rev Ian Robinson

Cost £30 per head including lunch and refreshments

North York Moors National Park-

<https://www.northyorkmoors.org.uk/visiting/whats-on/mindful-month>