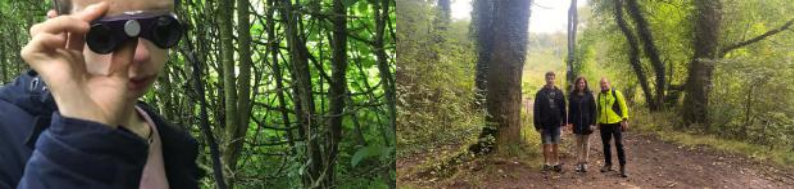


NEW



FOREST BATHING

STARTS MONDAY
7TH FEBRUARY 2022



WHAT'S IT ALL ABOUT?

Forest and Nature Therapy is the mindful, sensual and often spiritual or shamanistic practice of spending time in nature based settings; whether that be walking, running, cycling, sitting, meditating or camping; for the benefits of our health and overall sense of well-being. These sessions are all about reconnecting you with the healing powers of nature and improving your mental health and well-being through nature therapy

MONDAY 7TH FEBRUARY 10AM - 12 NOON
SWITHLAND WOODS (MEET IN (SOUTH) CAR PARK, WOODHOUSE EAVES)

MONDAY 28TH FEBRUARY 10AM - 12 NOON
BRADGATE PARK (MEET HALL GATES - CROPSTON - CAR PARK)

MONDAY 21ST MARCH 10AM - 12 NOON
MOIRA FURNACE (MEET IN THE CAR PARK)

MONDAY 11TH APRIL 10AM - 12 NOON
CADEMAN WOODS (MEET IN THE BULLS HEAD CAR PARK, THRINGSTONE)



NHS CHARITIES TOGETHER



NHS East Midlands Ambulance Service NHS Trust

Enrych has been supported by NHS Charities Together through your local NHS Charities, Leicester Hospitals Charity, Raising Health (Leicestershire Partnership NHS Trust) and the East Midlands Ambulance Charitable Fund.