

LOVEBROOK

Women's Wellbeing In Nature Course

Would you like to spend some time each week reconnecting with yourself and nature?

Taking some time to slow down, breathe fresh air, and focus on your wellbeing.

Join us for a new 7 week course at Lovebrook, offering gentle wellbeing practices, community connection and personal reflection, all in a beautiful countryside setting.

Who is it suitable for?

These sessions are for women only, who would benefit from some time to focus on their own wellbeing. They are particularly aimed at women who may have experienced challenges including depression, anxiety, trauma, social isolation or chronic illness. It is a compassionate space, where participants will be invited to participate in as much as they feel comfortable with on any particular day. Participants will need to have enough physical mobility to move around in a countryside environment, and feel comfortable being outdoors for the majority of the session.

What will we do?

Each week will have a different theme but follow a similar structure. We will spend some time sharing supported conversations and checking in. There may be some gentle mindfulness, breathwork, and nature connection practices, including planting, harvesting, plant identification etc. You will be invited to bring your own lunch and eat together. The sessions are co-creative, and we aim to bring in the interests and suggestions of the group wherever possible. Sessions are held outdoors, and we are guided by what is appropriate to the season and the weather.

Where is it?

Lovebrook, The Street, Kingston, near Lewes, BN7 3NT

Course 1: April 11th - May 23rd Course 2: June 6th - July 18th

Thursdays 10.30am-1pm

Cost: Free

How do I apply for a space?

If you would like more information and an application form, please get in touch with Hannah: hannah@lovebrook.org

You can find out more about Lovebrook here:

www.lovebrook.org

www.instagram.com/lovebrook_cic