





# GREEN MINDS

## 6-WEEK ECOTHERAPY PROGRAMME

JOIN US THIS SPRING ACROSS TWO  
LOCATIONS  
IN & AROUND BRECON



### AN OPPORTUNITY FOR YOU TO:

- SLOW DOWN & RECONNECT WITH YOURSELF  
AND THE NATURAL WORLD
  - IMMERSE YOURSELF IN THE BEAUTY OF OUR  
LOCAL LANDSCAPE
  - BEGIN TO DEVELOP YOUR OWN  
NATURE-BASED PRACTICE FOR IMPROVED MENTAL,  
EMOTIONAL & PHYSICAL WELLBEING
  - MEET LIKE-MINDED PEOPLE AND BUILD SOCIAL  
CONNECTIONS
- 




WEDNESDAYS 10AM-1PM

### WATERWAY

MAY 3RD / MAY 10TH /  
MAY 17TH

### WOODLAND

MAY 24TH / MAY 31ST /  
JUNE 7TH



NATURE-CONNECTION / MOVEMENT & MEDITATION / ENVIRONMENTAL ART



Brecon and  
District

FOR REFERRALS AND TO FIND OUT MORE PLEASE CONTACT  
SEREN@BRECONMIND.ORG.UK / 07949115724

FURTHER INFORMATION CAN ALSO BE FOUND ON OUR WEBSITE  
[WWW.BRECONGREENMINDS.ORG.UK](http://WWW.BRECONGREENMINDS.ORG.UK)