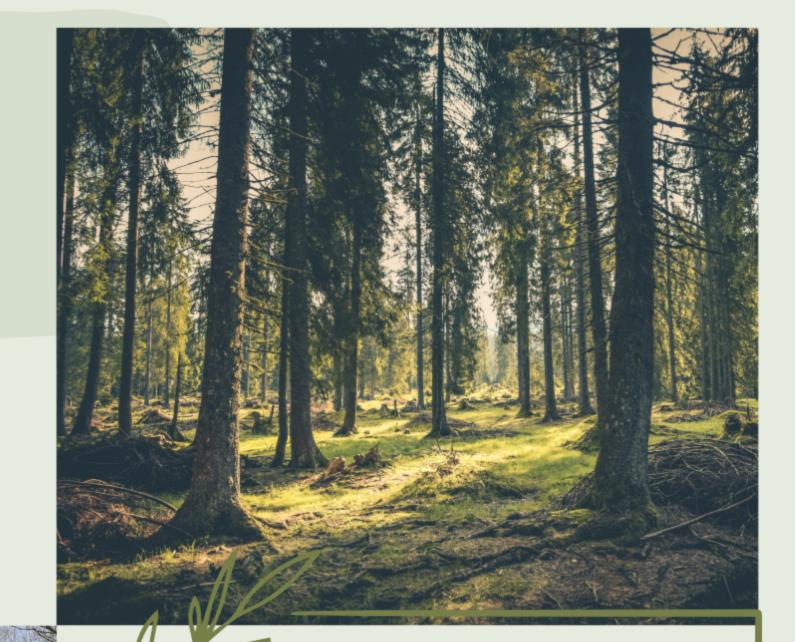
GREEN MINDS

6-WEEK ECOTHERAPY
PROGRAMMME

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



WATERWAY

MAY 3RD / MAY 10TH /
MAY 17TH

WOODLAND

MAY 24TH / MAY 31ST
JUNE 7TH



for better mental health o blaid gwell iechyd meddwl

Brecon and District

NATURE-CONNECTION / MOVEMENT & MEDITATION / ENVIRONMENTAL ART

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