

## Nature Connection Online Course

Connect to yourself, others, and the landscape around you through virtual walking, talking and guided meditation. Deepen your awareness of the living world and experience the power of connecting to nearby nature. You are invited to sit inside somewhere you can see an aspect of the living world; a tree, birds on a feeder, a potted plant or the wild sky through the window. Even an object made from a natural material can be used.

In this online and interactive course will be looking at and reflecting on our experiences of the natural world, through guided experiences, [virtual walking](#), discussion, nature based mindfulness and meditation. This will help us with the stilling of the mind away from anxious thoughts, and towards the awe and inspiration offered in nature.

Sharing our perspective with someone else embeds our appreciation and can help with reducing feelings of isolation. Each session will begin with a check in and a short poem or quote and there will be a break about half way through when we can share a cuppa.

**Please note this class is accessed online using Zoom so participants will need access to a smart phone, tablet or computer.**

*“There are 2 ways of looking at life. Either that nothing is a miracle, or that everything is a miracle.”* Albert Einstein

### Is there a cost?

No, this activity is free of charge.

### Who is this aimed at?

Men and women, all ages.

### Any special instructions?

You will need access to a smartphone, tablet or laptop/desktop computer and a link to access the course will be sent to you prior to course start.

### Contact Details

The Wellbeing College, BANES  
Phone: 0300 247 0203  
Email: [wellbeingcollege@virgincare.co.uk](mailto:wellbeingcollege@virgincare.co.uk)

### When & where does it start?

Wednesday 9th September	10am - 11.30am	6 sessions	Online via Zoom - - 0300 247 0203
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Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call 01225 831 820 or email [enquiries@wellbeingcollegebanes.co.uk](mailto:enquiries@wellbeingcollegebanes.co.uk) for more information or to book your place.

**[www.wellbeingcollegebanes.co.uk](http://www.wellbeingcollegebanes.co.uk)**