**COURSE INFORMATION SHEET**



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| **Course Title:** Mindfulness in Nature | **Day/Date/Year:** Saturday 10th September 2022 |
| **Start Time:** 10am | **Finish Time:** 4pm |
| **Course Tutor:** | Alistair Duncan |
| **Course description and subjects covered** | Mindfulness is the practice of maintaining a moment-by-moment awareness of both our inner world - our thoughts, feelings, sensations; and, also, our environment - the wild and wonderful world of nature. This workshop will introduce you to delightful practices that will heighten and enrich your experience of your place in the natural world. You’ll gain a deeper sensitivity and awareness of the presence of everything around you and a greater feeling of connection with everything that is happening around you in the wood. At the same time, the activities will give you access to greater relaxation, mental clarify, sense of physical wellbeing and a rich enjoyment of every moment of your day. The day is a great compliment to the other workshops offered by the Trust which focus more on the identification and habits of the plants and creatures of our Sussex landscape.It’s also a rare opportunity to spend a day in the enchanting Hoe Wood that is not normally accessible to the public.You will:* spend guided time on your own learning to pay attention to the richness in everything around you through all your senses learning techniques
* be guided in short exercises to focus your attention more fully on the thoughts, emotions and sensations of your own body
* take time for reflection and discussion of the experiences
* learn some background behind the practices and how to apply them in nature and in everyday life

By the end of the day, you will have:* a fresh understanding of what mindfulness is and how to practice it in your daily life
* increased relaxation, awareness, creativity and resourcefulness
* the beginnings of a different perspective on the human place in the natural world
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| **Meeting point / Venue address:** | Woods Mill, Henfield, West Sussex BN5 9SD Walk across the bridge next to the car park and meet by the noticeboard.  |
| **Other sites to be visited:** | Woods Mill nature reserve.<https://sussexwildlifetrust.org.uk/visit/woods-mill> |

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| **What to bring:** | Packed lunch, suitable clothing for weather, but ideally nothing too rustle-y to move around in. Trainers better than big boots for moving quietly in nature |
| **Other Information:**  | Camp fire in the woods, hot drinks and biscuits / fruit available. |
| **Public Transport:**  | Compass Bus 100 Burgess Hill-Pulborough stops outside Woods Mill Monday – Saturday. No Sunday Service. Visit <http://www.compass-travel.co.uk> for timetable. |
| **Accessibility:**  | Some walking in woods and meadows – uneven ground. Approx 2km. |