







**Nature Connections** take you on a sensory experience through moorland, fields, hilltop & woodland away from the stresses & strains of your busy life bringing you to a natural place of peace, personal understanding & stillness. Connect with your inner landscape & wild nature, gain greater personal clarity, self awareness, innate creativity, strength & focus, feel relaxed, reconsidered, confident & rebalanced from a journey into the wilderness.

### Services:

-  Wilderness Wellbeing (1/2-2days)
-  Walk & Talk (1 to 1)
-  Natural Mentoring (1 to 1)
-  Creating Tracks (Groups)

**For further details: Contact Me: Sarah de Nurtcheylo**

***[www.nature-house.co.uk](http://www.nature-house.co.uk)***

***Email: [naturehouse@hotmail.co.uk](mailto:naturehouse@hotmail.co.uk)***

***Mobile: 07787 405722***



*Our connections* take place in quiet local natural spaces.

Presently, we provide a range of experiences :

### **Wilderness Wellbeing** *(2-10 people 1/2 day, 1 or 2 days)*

Break away from the modern and busy world and enter the stillness of nature. Relax and reconnect as you journey back to your centre during this unique wild wellbeing experience. Using nature as our lead, we will guide you to walk, sense, connect, reflect, create and meditate whilst communing with yourself, each other and the beautiful natural world on this transformative restorative experience.

### **Walk & Talk** *(One to one)*

Take time out of your day to walk, talk reflect and reconsider with me. Let nature take it's course as we spend some time outside visiting issues , doubts, worries and concerns. I will support you to explore who you are, your thoughts & feelings, find your space, reconnect with yourself and move yourself forward.

### **Natural Mentoring** *(One to one)*

Looking for a new direction or purpose, ready to make an inner shift? Be supported to explore what is important to you, your values, ethics and a brighter vision for yourself. I will inspire you to connect to your inner resources, develop a new personal landscape for your life, be more confidence to move forward and achieve your personal dream. We will spend some time outside exploring, growing and creating a new authentic future for yourself.

### **Creating Tracks** *(Groups—full day)*

Explore your inner landscape & innate creativity by joining one of our unique, inspiring and creative personal development days focussing on intuitive sketching, crafting and story work inspired by a journey through nature.

