

# FOREST & NATURE THERAPY MINDFULNESS & YOGA RETREAT

**EARLY BIRD  
SPECIAL  
BOOK BEFORE  
5<sup>TH</sup> JUNE  
only €195**  
(Twin only)  
Book early and  
don't be  
disappointed

Wicklow Fri 5<sup>th</sup> - Sun 7<sup>th</sup> August 2016

Cost: €210(twin room sharing ensuite), €245(single ensuite)



Mindfulness Teacher  
Louis Heath



Yoga Teacher  
Apple Yu



Cooking & Foraging  
Shirley Copeland

## The medicine of being in the forest

Forest Therapy, also called Shinrin Yoku, is a rapidly growing, research-based way of supporting health, happiness and well-being.

Nurture yourself in nature through Forest Therapy Practices, Yoga, Mindfulness Practices and Foraging and Cooking Instruction.

**Louis Heath** is a mindfulness teacher with over thirty five meditation experience, he has an MSc in Teaching Mindfulness (Bangor University) and is currently training as a Forest Therapy Guide. He is passionate about bringing the benefits of mindfulness and nature together to deepen one's practice and to assist with health and well-being.

**Apple Yu** is certified as a Vinyasa Flow Yoga teacher 200 hours and gives regular classes at Yoga Dublin. Apple has recently started practicing shadow yoga with Dave Curtis and Karen Watson, she is hoping that her own practice in this and with mindfulness will be reflected in her teaching. Apple will be leading yoga sessions during the retreat.

**Shirley Copeland** is a professional cook and teacher and specialises in cooking organic vegetarian food. Shirley loves to forage in nature and cook with this wild produce for both food and medicinal purposes. Shirley will be cooking and also giving instruction on foraging and cooking during the weekend.

The retreat will be a mixture of guided mindfulness practices such as sitting meditation, body scan etc., forest therapy walks with foraging and yoga practice. The retreat is suitable for beginners and advanced in either mindfulness and/or yoga.

(Please note: Forest Therapy is about experiencing the therapeutic benefits of nature, it is not a "therapy" as such)

**Venue:** The Bobbio Centre, Magheramore, Co Wicklow (10 mins drive South of Wicklow Town)



For further information and bookings please visit [www.mindfulliving.ie](http://www.mindfulliving.ie) or contact Louis at [louis@mindfulliving.ie](mailto:louis@mindfulliving.ie) Ph 086 8256823

Bookings can also be made through Shirley or Apple

**Book early and don't be disappointed – limited places.**