

Spring Nature Walk & Art Workshop

Wellbeing Through Nature
Workshops & Retreats by Wendy Palmer-Grove



Join us **Sunday 29th March** for a **spring workshop day**

Take time out and blow away the winter cobwebs as we guide you into the beautiful local countryside, stroll along the marina and out across fields to enjoy the start of Spring. Our walk will take us along footpaths and woodland to enjoy the benefits of nature. Wendy will lead you to explore the wellbeing benefits of being out in nature and will encourage some creative thinking in preparation for the afternoon. After a well earned break back at The View, maybe treat yourself in

the onsite cafe, we continue the workshop inside with the guidance of our artist Liz , who will assist you to create a picture inspired by your walk & nature.

No experience required, just be prepared to have some relaxation & fun...

- **Time: Meet 9.30am , finish 2.45pm**
- **Cost :£40 incl materials and a hot drink**
- **Venue: The View @Hill Farm Marina, Wootton Wawen, B95 6DE**
- **To Book : Contact Wendy 07763 632176**

www.coachgenie.uk