

Wellbeing and Conservation Weekend: April 7-9

at Hazel Hill Wood, near Salisbury



This weekend is a chance to nourish yourself through time in the wood, and to nourish the wood with some mindful conservation. Our programme will include optional sessions of mindfulness meditation and walking, healing with the trees, and learning resilience skills from nature. We'll have several sessions of caring conservation work, plus great food, campfires and more.



The hosting team is led by: *Agatha Manouche*, who has been connecting for many years with the healing wisdom of this wood; *Alan Heeks*, who has a deep interest in ways that nature can teach us about wellbeing, and *Marcos Frangos*, who is General Manager of the project. All three are deeply experienced in connecting people with the nourishing and resilient qualities of Hazel Hill Wood, and will be supported by others from the wood team.

Hazel Hill is a magical 70-acre wood, with off-grid wooden buildings, hot tub, campfires and beautiful open spaces. You can sleep in heated indoor rooms, or camp. We'll share cooking and other work between us.

Cost including food and sleeping loft or camping:
£80 for adults, £50 for 14-21's. Some private rooms available at a small premium.

Bookings via Eventbrite:

<https://www.eventbrite.com/e/wellbeing-and-conservation-weekend-tickets-30518989118>

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