

## Mindful Walks

We are a friendly and informal walking group.

It can be challenging to open up to others, but studies have shown that walking side by side can help an individual express their feelings more freely. Walking alongside someone allows for the individual to discuss difficult topics without the intensity of worrying about eye contact or social cues, things we tend to do when sitting opposite somebody.

If you want to open up or connect to someone in your life but aren't sure how, invite them along for a walk and talk.

We meet once a month on a Sunday and have mainly easy walks which last 1 – 2 hours. We are dog friendly. We aim to go for light refreshments at the end of every walk.

For more information, please contact Paula via email - [mindfulwalks22@aol.com](mailto:mindfulwalks22@aol.com) .

### **Belper Nature Reserve - Sunday 2<sup>nd</sup> April**

Meet at Belper Market Place at 11am.

We will walk through the back of Coppice car park, down the steps. We will walk through the woods and back, on route we will stop for some Mindfulness therapy.

Then walk back to the Market Place, and continue down King street to the bottom. Then along Bridge street to Dots Emporium for refreshments to finish the walk off.

Easy to medium walk, some steep steps in places.

The walk will last approximately 1.5 hours.

***There won't be any walk in May due to the bank holidays.***

