

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 for a walk and a talk.

We meet every 4 weeks on a Sunday. Mainly easy walks which last around 1-2 hours.

We are also dog friendly. We aim to go for light refreshments at the end of the walk.

Enquiries or more information on any of our walks please contact Paula via email at ***mindfulwalks22@aol.com***.

Please see below for information on our up and coming walks.

Duffield Eyes Meadow walk - Sunday 1st September

Meet in main car park at 11am.

We will walk round the main field near to the water, then walk round the meadow again near water.

Bring own refreshments if required

A flat walk however can be uneven and can be muddy. Please wear sensible footwear - walking shoes or boots recommended.

Approximately one and a half hours.

