

# Mindfulness in the Woods



## Sunday 14<sup>th</sup> June 2020, 10am – 4.30pm Course Information

A gentle day offering an introduction to Mindfulness approaches, time for personal and group reflection and plenty of opportunity to relax and enjoy the beautiful Bottoms' Corner hazel woodland.

The programme includes guided meditations, self-awareness and reflective exercises, playful creative experiences and peaceful moments of stillness. The group will also be helped to think about how the experience of the day can be taken into everyday life.

This workshop is open to anyone who feels that they need a little bit of space in their busy life to personally recharge, restore and reflect in a natural setting.

For those who need them, CPD certificates will be provided with 5.5 hours CPD entitlement.

Please note, this day is for adults only and is **not** a therapy group for in depth work on individual issues.

Plenty of tea and coffee with fruit and homemade cake will be on offer throughout the day.

### Course venue

The course provides the opportunity to spend a day in the beautiful and peaceful setting of Bottoms' Corner Wood. We will be outside in Bottoms' Corner Wood, a working hazel woodland that's part of the Wassledine farm, Upper Gravenhurst, Bedfordshire. The wood is midway between the villages of Gravenhurst and Campton, a location that's hidden away, so further directions will be sent before the course date.

Although it's a beautiful setting, please be aware that the facilities are quite basic. There is off road parking along a surfaced but bumpy track. We have an outside, composting toilet with camping style hand wash.

### Access to the wood

There's a walk of about 300m over grass rides (including a slope), from the car park, through the woodland to the venue. We can provide a lift from the car park for you if you need it. If you have any doubt about your physical ability to enjoy the day, please call for a chat; we'll do all we can to make it work for you.

If you would like to come by public transport, please let us know in advance; we will assist if we can.

### What to bring

- a meditation cushion or mat that you already like to use, or a blanket to sit or lie on (if you don't want to lie on the grass)
- Packed lunch (we'll provide tea, coffee, drinks, biscuits, fruit and homemade cake)
- Suitable outdoor clothes, boots, waterproofs or sunhat, sunblock (remember we'll be outside all day)

### Wet weather plan:

There is some shelter in the wood, so a little rain is not a problem, but if the weather is extremely bad the course may have to be cancelled. The decision will be taken the day preceding the course and we will contact you by phone, so please provide us with the best number to use in case we are very unlucky with the weather. If this happens a full refund will be provided. We will try our best to rearrange another date for the course. If you don't hear from us assume the course is going ahead.

### Booking & Payment

The cost of the course is £75 per person. Please complete the attached booking form.

### Course facilitator

Karin Creasy BA PGDip. UKAHPP, UKCP

Karin is a qualified and experienced Psychotherapist and trainer working in private practice and also with organisations and workplaces. With over thirty years' experience, Karin's professional training, her love of nature and creativity come together in her unique workshops.

([stortcounselling@hotmail.co.uk](mailto:stortcounselling@hotmail.co.uk))



If there's anything else you need to know please give us a call or send an email.

Jane & Guy Lambourne

45 Clophill Road, Gravenhurst, Beds, MK45 4JH

01462 711815 M. 07794 013876 [info@wassledine.co.uk](mailto:info@wassledine.co.uk) [wassledine.co.uk](http://wassledine.co.uk)

## Wassledine Days in the Woods - booking form

Course Title			
Course Date		Cost	

### Your Details:

Name	
Organisation (if any)	
Address	
Telephone	
Mobile Your contact on the course date	
Email	
Please tell us of any allergy, medical or mobility issues we should be aware of	
Where did you hear about Wassledine's <i>Days in the woods</i> ?	

To secure your place please return this booking form with payment to:  
 Wassledine, 45, Clophill Road, Gravenhurst, Beds MK45 4JH  
 or email [info@wassledine.co.uk](mailto:info@wassledine.co.uk)

Please tick as appropriate

<input type="checkbox"/>	I enclose a cheque made payable to "Wassledine"
<input type="checkbox"/>	I have made BACS payment (bank details – sort code 60-24-77, acc. 17842433)
<input type="checkbox"/>	Please invoice my organisation (if different to above address please supply details)

For office use only

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Course:	Participant name:
Booking received & confirmation sent	Date:
Payment Amount	Payment Method:                      Date:
Pre course information & directions sent	Date:

## Wassledine Days in the Woods

### Booking Terms and Conditions

Payment - The price of the course includes the cost of all materials and refreshments (excluding lunch).

Your place is confirmed once payment has been made.

Payment methods – BACS, cash or cheque

Payment is required in full at the time of booking

Please use these bank details if paying by BACS – ‘Wassledine’ Nat West Account number 17842433 Sort Code 60 24 77

Please make cheques payable to “Wassledine”

### Cancellation

Wassledine reserves the right to cancel a course at short notice should events beyond our control make this unavoidable. One reason for a last-minute cancellation is a very poor weather forecast. There is some shelter in our woodland site so light rain and wind is not too problematic, however, the prospect of heavy or prolonged rain or very high winds would mean that a course could become unsafe or at least not enjoyable. If this occurs, a decision will be made 24-36 hours before the course and a full refund of the course fee will be made. An alternative date will be offered.

For participants cancelling - a full refund will be made providing more than 14 days’ notice is given. For cancellations of less than 14 days’ notice a 50% refund will be made. For cancellations within 7 days no refund will be made.

Jane and Guy Lambourne, 45 Clophill Road, Gravenhurst, Bedford, MK45 4JH  
01462 711815 07794 013876 (Guy) 07805 819415 (Jane)

