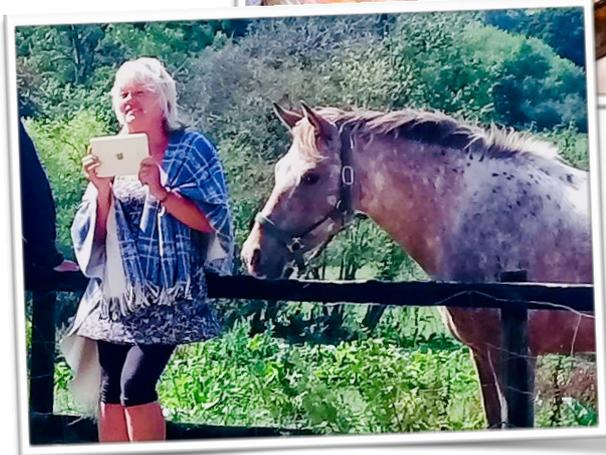


# Nature Therapy

Nourishing hearts and minds with nature



# Nature Therapy

## What's on offer in 2019

Nature Therapy and Dementia Care - the aim of this award winning programme is to increase awareness of sensory deprivation in dementia and how nature can help. We are running nature activities for people with a dementia and their families/carers as well as offering free training to anyone interested in delivering the programme. Ongoing throughout the year.

Wolf Medicine - for anyone who wants to build more strength and protection into their lives. Involving ancient knowledge, dancing with horses, howling with wolves and much much more. Three opportunities to take part in this week long courses on offer in 2019

The Kindness Programme - Award winning anti bullying programme aimed at building empathy through sensory play. Available as an on line training programme in 2019.

Walking the Labyrinth - facilitator training programme for anyone who wants to involve Labyrinths in their personal practice. Come and find out more about how to use this most ancient of tools to nourish well being. One three day course available in 2019.

Forest Bathing Leadership Award - become a Forest Bathing practitioner. This training programme provides you with a Certificate in Forest Bathing Leadership from Nature Therapy CIC and a National Leadership Award from Sports Leaders UK. One three day course available in 2019.

Highly Sensitive People Knowledge Cafes - run monthly on the Isle of Wight. These drop in sessions will provide you with an opportunity to learn more about what it means to be HSP and share coffee and cake with others who understand this way of being.

The Black Dog Sensory Theatre - a week long festival in September 2019 helping anyone with experience of depression learn about super sensing. Drop in anytime that week and have some hands on fun. It's free.

Storytelling Retreat - run twice a year in the most beautiful of settings at Nettlecombe Farm, these one day sessions will provide you with time and space to get creative.

One short course on Solution Focused Nature Approach for anyone who wants to walk alongside others supporting them in their journey. Counsellors, teachers, nurses, coaches, youth workers etc will all find the Solution Focused Nature Approach a useful tool in their interpersonal interactions.

The Kindness of Wolves programme will be piloted at the beginning of 2019. The aim is to learn basic survival skills focusing on the one factor most relevant to survival - mental resilience. Young people are co-creating the course through a series of Nature Quests.

Further details are available on line from our website [www.naturetherapycic.com](http://www.naturetherapycic.com). All bookings are made via Eventbrite - the appropriate link is available on our website.

Look forward to you joining us at some point during the year to re-wild your heart, mind and soul.

Dr Kim Brown December 2018

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