

# Corporate Workshops



Sheffield  
Manor Lodge

## Meadow Mindfulness

- Discover the health benefits of nature connection for wellbeing.
- Immerse your senses in the meadows, noticing textures, sounds and movement of the grasses, flowers, bees and butterflies.
- Respond with silence, sharing, journaling and creativity.
- Be equipped with nature connection skills to incorporate into your day to day lives for wellbeing.
- End with a simple tea ceremony with foraged floral teas.

£30 pp (10-15)

£35 pp (15+)

## Herbal Wellness and Mindfulness

- Discover the health benefits of nature connection and herbs for wellbeing.
- Have opportunities to immerse your senses in the apothecary garden, noticing the scents, textures and sounds of the wildlife.
- Respond with silence, sharing, journaling and creativity
- Be equipped with nature connection skills to incorporate into your day to day lives for wellbeing.
- End with a simple tea ceremony enjoying foraged herbal teas.

£30 pp (10-15)

£35 pp (15+)

Available at Discovery Centre only

## Lavender Labyrinth Wellbeing

- Discover the health benefits of nature connection and mindful walking.
- Find out about the history of labyrinths and their benefits for our wellbeing.
- Have opportunities to pause, to slow down, to walk the labyrinth and to learn mindfulness skills whilst immersing your senses in the scent of lavender and the beauty of the wildlife.
- Respond with silence, sharing, journaling and creativity
- Be equipped with nature connection skills to incorporate into your day to day lives for wellbeing.
- End with a simple tea ceremony enjoying foraged lavender tea.

£30 pp (10-15)

£35 pp (15+)

Available at Discovery Centre only

Minimum numbers: 10

Maximum Numbers: 30



Caroline Cook is a qualified Horticultural Therapist, Forest Therapy Practitioner and Circle Facilitator with a background in Psychology and working in the NHS. Helen O'Connor is a registered Psychologist, Forest Therapy Practitioner and Conscious Connected Breathwork facilitator.  
[www.wellwithnature.co.uk](http://www.wellwithnature.co.uk)