

Connecting mindfully with nature.

**Saturday 26th August – 2.00p.m. to 4.00p.m.
at Forest Harvest.**



If you love nature and enjoy engaging with its many wonderful forms, you may like to consider developing your ability to really connect with it – not just looking, but fully connecting with it.

By developing your conscious awareness to a higher level you will be able to fully experience the wonder and power of nature. Whether it is in woodland, a wide-open landscape, hills and mountains, rivers or lakes, you will be able to access a deeper and richer connection to gain even more enjoyment.

Mike Jeffries is a vocational teacher who has developed his own conscious awareness over 10 + years and now introduces others to new and deeper joys of the natural world. With his neuroscientific knowledge of brain functioning and utilising Eastern mind-body principles, he has taught others to develop their conscious awareness through meditative techniques. In Alaska he has worked with a Mexican whale researcher who records whale song in the Pacific Ocean and whilst in Antarctica has taught others to connect more closely with the stunning natural world there.

Now is your chance to learn the skills and techniques of conscious awareness in close proximity to nature at Forest Harvest near Yoxall. Extensive support materials will be provided and Mike will lead a guided meditation in the beautiful woodland setting. He will encourage you to apply these skills to your particular interests in the natural world.

There is limited availability for this opportunity and places will cost £30 for the 2-hour introductory session. Further practice opportunities in other locations can be arranged if there is enough interest.

Contact Mike at: mikejeffries@compuserve.com or phone 07973-622441.