



Bedfordshire  
Cambridgeshire  
Northamptonshire

# Bringing Our Awareness Back to Nature

Explore your relationship with nature led by Claire Thompson,  
author of *Mindfulness & the Natural World*

5 session course  
of mindfulness,  
walks, games &  
reflections



Join our  
taster  
sessions on  
27th April

May-June 2019

Trumpington Meadows  
Nature Reserve, Grantchester

**More info:**

[www.mindfulness-of-nature.com](http://www.mindfulness-of-nature.com)