

# Mindfulness

## in Nature Series



Makes  
a **GREAT**  
Gift!

## Introduction to Mindfulness Meditation in Nature

Learning to cultivate the skill of mindfulness meditation in nature enhances our ability to connect with nature, while supporting stress reduction and inner healing and resilience. Based on the Mindfulness-Based Stress Reduction (MBSR) program, this unique 6-week course will help you to cultivate the practice and attitudes of mindfulness meditation in daily life by learning from your own experiences and from the wisdom of nature.

### Dates & Times

- Session 1 - Sunday, March 1, 9:30 – 11:30am
- Session 2 - Sunday, March 8, 9:30 – 11:30am
- Session 3 - Sunday, March 15, 9:30 – 11:30am
- Session 4 - Sunday, March 22, 9:30 – 11:30am
- Silent Retreat - Saturday, March 28, 10am-3pm
- Session 5 - Sunday, March 29, 9:30 – 11:30am
- Session 6 - Sunday, April 5, 9:30 – 11:30am

- **Silent Retreat**
- This 5-hour silent retreat, held seasonally, will give you the opportunity to experience mindfulness in nature practices allowing you to rest your mind, connect with yourself, your body, and deepen your relationship to nature.

**6-week course** (Includes Silent Retreat)

\$350 for members/\$385 for non-members

*Register early, courses are limited to 10 participants*

*No previous experience with mindfulness is needed for the course.*

## Forest Therapy Walk

A forest therapy walk isn't just a walk in the forest - it's a slow, intentional journey - with various mindful and nature connection practices integrated - to engage every one of the senses, and allow for deep healing and connection. Walk is 2.5 hours.

**Saturday January 25,**  
10 am – 12:30 pm

\$40 for members/\$44 for non-members

*Register early, walk is limited to 10 participants*

**Facilitator:** Ameeta Dudani, PhD, RYT (<https://drdudani.com>) is a Clinical Psychologist and a mindfulness and yoga teacher (RYT-200). Ameeta provides mindfulness-based psychotherapy, trains educators and mental health professionals in mindfulness, and facilitates mindfulness-based therapeutic groups for children, teens and adults. Being a lifelong lover and a strong advocate of nature-based learning and eco-therapy, Ameeta incorporates practices in nature in her work whenever possible, as she believes that nature is truly the best teacher of mindfulness.

Call 250.479.0211 to register or stop by the Nature House to register in person.

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