

3 Day Nature-based Therapy and Coaching Workshops



Denbighshire, North Wales
6 - 8 July 2012
21 - 23 September 2012

A relaxing weekend of reflective nature-based exercises and activities, giving you the opportunity to reconnect with the natural world and improve your mental and spiritual well-being.

This Ecotherapy workshop takes place in beautiful private woodland in North Wales, and will consist of a variety of fun, enlightening and relaxing nature-based outdoor activities, games, awareness exercises, guided meditation, solo reflection time, and group discussion.

Ecotherapy deliberately encourages our instinctive deep connection with nature, and then utilises that relationship for personal development purposes. It draws its ideas from many different practices, both ancient and modern, including psychotherapy, counselling, nature-awareness, meditation, shamanism, and bushcraft.

Location: Private woodland in Denbighshire, North Wales

Full Fee: £160 *Early Bird Fee:* £120 (book before 31st April 2012)

Accommodation and food: This is a wild camping-based self-catering weekend which requires that you bring your own tent, camping equipment, stove and food. A camp fire will be available for gathering and socialising around.

Finders Fee: Receive £20 for every person you recommend who then attends the workshop.

The exact location and a kit list of the items you will need to bring will be sent with your booking confirmation.

For further information call Nigel on 0161 881 4333
Or visit the *Events & Workshops* page on www.ecotherapy.eu

Special offer: Mention this flyer when booking to receive a discount.

Our time spent outside, surrounded by nature, is estimated at only 1% - 5%. As a modern society we have become increasingly disconnected from the natural world.

Research has shown that many very common conditions such as anxiety, confidence, depression, stress and addictions have improved simply by spending time connecting with nature. Anyone who has ever enjoyed spending time in the natural environment will already instinctively know this to be true.

Ecotherapy is often focused on experiential learning. Participants learn through engagement and immersing themselves in the environment and activities, as well as by talking about and sharing their insights and experiences.

Nature-based therapy and coaching can help with many emotional and behavioural issues. Almost anything you would consider visiting a counsellor, psychotherapist or life coach for would be suitable. It can also be successfully used in conjunction with more traditional indoor-based therapies.

Just a few of the issues that may benefit:

Anxieties / Fears	Depression	Addictions
Confidence	Self Belief	Motivation
Long term chronic issues	Feeling stuck / Lack of direction	Trust issues
Anger	Creative block	Self Development
Burnout	Relationship issues	Team Building

And more...

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Nigel Magowan is a well regarded and experienced Solution-Focused Integrative Psychotherapist. In his nature-based therapy and coaching, he integrates his psychotherapy skills with ecotherapy, life coaching, NLP, and advanced hypnotherapy. He draws his ideas, approaches and techniques from a wide variety of sources such as Meditation, Nature-Awareness, Bushcraft, Tracking, Aikido, Mindfulness, and Shamanism. Since 2002 he has run his own busy full-time private therapy practice in Chorlton, South Manchester. He combines all his skills and experience to produce a solution that is tailored to your unique personal needs. All treatment is carried out in a highly constructive, relaxed, supportive and non-judgemental environment.

Nigel provides high quality outdoor nature-based therapy and coaching for private individuals, organisations and corporate groups, in the form of one-to-one sessions, regular group sessions, workshops, retreats, and bespoke events.

Ecotherapy, Integrative Psychotherapy, Counselling, NLP, Life Coaching, Stress Management & Advanced Hypnotherapy