



# Adelong Evolve

Adventure Therapy Practitioners

## Canoe Mindfulness Retreat

Mindfulness practice whilst travelling down the beautiful River Dart

£595.00 per person

Sunday 21st October 2018 10.00am —Wednesday 24th October 2018 4.00pm

Journeying by Open Canoe, participants will explore and travel the River Dart with everything they need for 3 nights and 4 days.

From our innate desire to reconnect with the natural world, our intra-indigenous consciousness is activated by time spent in natural places.

Exploring the outdoors and spending time in nature go hand in hand with the practice of mindfulness, the very act of paddling a canoe at dawn is mindful.

The first day will be learning to manage your canoe, then we will pack our boats an head off to wild camp on the river.

You will be escorted at all times by qualified and experienced guides who will help with all aspects of the trip.

Once on the river our mindfulness leaders will offer practice in the mornings and evenings with time to reflect at various locations during the day.

No previous experience of mindfulness practice or canoeing necessary, just a willingness to immerse yourself into nature and explore this beautiful river

- All specialist equipment and meals provided
- A personal kit list will be available to you

Each day will include plenty of time for reflection, silence and mindfulness practice, as well as sessions on Bushcraft and Foraging.

To book, please email [nigel@southdevoncbt.co.uk](mailto:nigel@southdevoncbt.co.uk) or call Nigel on 07712 706680

