

Mindful Meanderings



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Be still with nature ~ Explore, Observe, Breathe

Mindful Meanderings is a series of experiences that will allow you to explore your own backyard – the microcosm of the macrocosm of our world, as we can in this moment.

In alignment with our Journeys of the Spirit philosophy of immersing you into local culture, sacred sites, energy healing locations of our world, we will be rolling these out only in the places that are safe to do so. We are beginning in Perth and are already creating opportunities so they are ready to go in Sydney, Melbourne and other cities as they open up.

Each of these Mindful Meanderings will have a different flavour and focus.

- Uplifting bush walks
- Photographic walking experiences
- Natures Art

It is a meditative walk immersing you into our pristine Aussie bush, 40 minutes from the city but a sublime world away. Come share this fun, uplifting & energising two hours as the brooks are still flowing, waterfalls gushing and the spring bush blooms are bursting into their colourful life!!! A delicious morning tea, true Journeys of the Spirit style, is included.

Limited to 10 people only. \$50 per person. Check our website for scheduled dates!

Come on your own, gather your partner or friends and join us for what will be a fun few hours !

To find out more information contact Julie at Journeys of the Spirit on 0427 766 716 or spirit@iinet.net.au



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