



# West Stormont Woodland Group

WORKING WITH LOCAL PEOPLE TO BRING  
TAYMOUNT & FIVE MILE WOODS INTO  
COMMUNITY OWNERSHIP

## “Feeling Good in the Woods”

### Event 1/8: Walk in the Woods for Peace of Mind with Gordon Stronach

We want people of different ages and abilities in our community to discover how access to local woodlands for different activities can be really good for our health and wellbeing.

**Sunday 9 June 2019**

Gordon, who is a Nature-based Lifestyle Guide, will introduce participants to mindfulness walking in **Five Mile Wood** as a contribution to self-caring for their own wellbeing in a series of 90 minute sessions throughout the day:

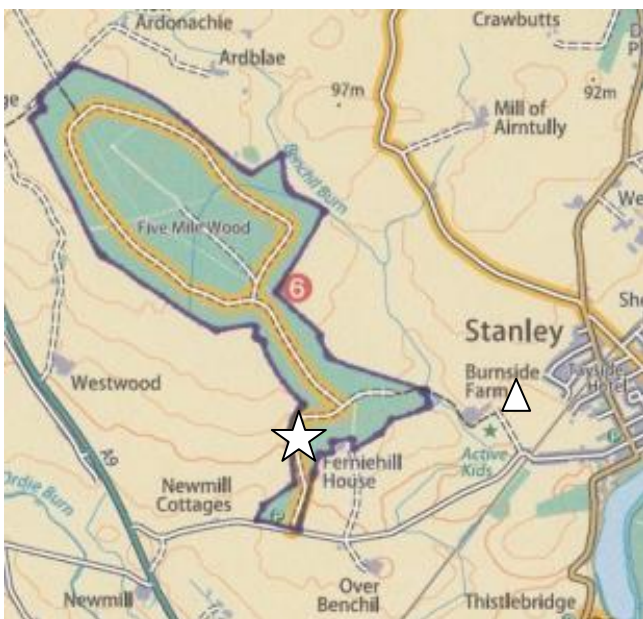
10.00am -11.30am

12 noon - 1:30pm

2.00pm - 3.30pm

4.00pm - 5:30pm

Walking in silence is a key part of the experience. Bring whatever you think might assist you in the session and means of recording whatever the mindfulness process brings up for you.



**To book a free place for a session (first come first serve), email Elspeth asap at:**

[contact@weststormontwoodlandgroup.org.uk](mailto:contact@weststormontwoodlandgroup.org.uk)

△ **MEET AT ACTIVE KIDS CAR PARK**  
☆ Approximate destination for mindfulness walks

Come prepared for any weather. ☀️ ☁️

This is a gentle, slow activity but is outdoors with no seats, shelter or other facilities.

Wear suitable footwear. Bring your own provisions including refreshments. Sorry, no dogs this time.

*This free event has been funded by the Perth and Kinross Community Investment Fund*