



# West Stormont Woodland Group

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

## “Feeling Good in the Woods”

### Extra Event: Bits'n' Pieces of Natural Mindfulness in Taymount Wood

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.

**Wednesday 25 September 2019**

Seated mindfulness sessions for less mobile people

Tell us if you have any particular needs or requirements so we can help you take part in this lovely woodland event.

**Morning session: 10.30am to 12.30pm. Afternoon session: 1.30pm to 3.30pm** (subject to demand)



**MEET AT TAYMOUNT WOOD CAR PARK**



**Approximate location of event (vehicle access by arrangement)**

The event will be held in a gazebo if the weather is damp or chilly, with the option to take chairs and tables outside if the weather is fine. Participants can choose to sit or wander in their mindfulness. Come prepared for any weather though!



Bring writing materials for recording thoughts and observations.

Light refreshments provided for everyone too.

**Contact us for further information and to book a place:**

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

Or call us on this number: 07981 246030

**This event is part of the North Perthshire SHARE Festival (not in brochure).**

***These free events have been funded by Perth and Kinross Community Investment Fund***