

SUSSEX PRARIES
WILD - EVENTS

**SUNDAY
21 SEPTEMBER**

10AM - 1.00PM

NATURE THERAPY

A GUIDED, MEDITATIVE
JOURNEY - WANDER THROUGH
THE GARDENS AND IMMERSE
YOURSELF IN THE ALIVENESS OF
THIS BEAUTIFUL AND VIBRANT
LIVING LANDSCAPE



Sensory based exercises
to help connect more
deeply with nature's
sights, scents and
sounds.

With nature therapist,
Mark Reeves.

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