



## NATURE CONNECTEDNESS ADVENTURES

A stay at Rydal Hall is the perfect opportunity to take the time to deepen your connection with nature: to reconnect, rewild and restore.

At Nature's Pace will take you on nature connectedness adventures and escapes to reignite your curiosity, wonder and awe at the natural world to lead you – and nature – to health and happiness.

Imagine if there was a miracle treatment – a blue and green pill say – that could do all this:

- reduce your stress and anxiety
- increase your immunity
- lower your blood pressure
- improve your moods
- make your mind calmer and more resilient and your body stronger
- give your life more meaning, purpose and satisfaction
- inspire your commitment to care for the natural world

Amazingly, a miracle treatment does exist! It's called Nature Connectedness. And it's found – and scientifically proven – not in a pill, but in the blue spaces and green places that are all around you.

Using a wealth of activities and ways of interacting with the natural world you'll experience and learn about the truly incredible health benefits of deepening your connection to nature. And you'll get back your child-like sense of fun and wonder at the world around you!

- Wild & Well Fell Walks
- Wild Swimming
- Family Discovery Adventures
- Forest Bathing
- Blue Space Mindfulness
- Nature Art & Creativity

If you or your group would like to take some time during your stay at Rydal Hall to reconnect yourself with the natural world, rewild your natural spirit, restore mind, body and soul, contact Ruth directly for availability and prices. Or check our events for scheduled adventures At Nature's Pace.

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Ruth is a fully qualified Outdoor Practitioner: BSc (Hons) Outdoor and Environmental Education, Mountain Leader Training UK Mountain Leader Award, Certificate in Nature Connectedness, Diploma in Shinrin Yoku (Forest Bathing), Rescue Emergency Care Scheme Emergency First Aid Certificate, National Water Safety Management Programme Level 3, Member of the Institute for Outdoor Learning.