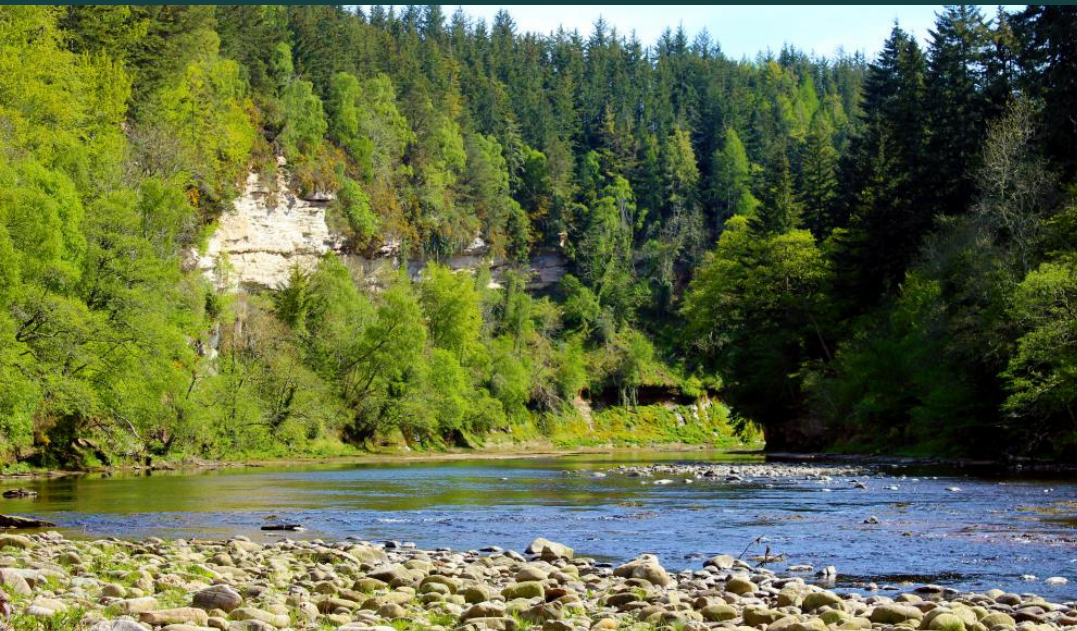




DIGITAL DETOX DAYCATION

SUNDAY 25TH JULY 2021



EXPLORE AND
FORAGE IN THE
STUNNING
WOODLANDS
OF RIVER
FINDHORN
VALLEY

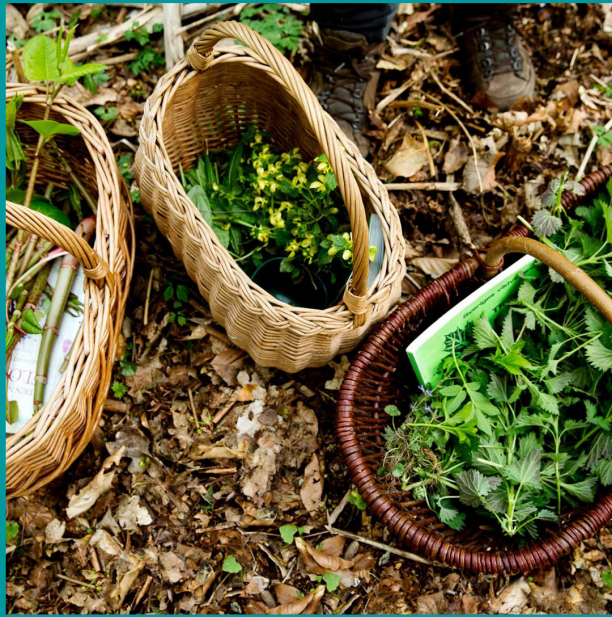
FINDHORN FORAGING DAYCATION

A time to switch off and fully relax as you immerse yourself in nature with a beautiful long walk along the beautiful woodland and the steep sided valley of the river Findhorn.

Disconnect from technology so you can be less distracted, more connected and remember how it feels to have fun without digital devices.

A day that will show you how to have self-discipline for self-care so you feel amazing on the day but can continue feeling that way long after.





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WALK, FORAGE, CRAFT

Activities

- Foraging, finding what we can safely eat in the environment.
- Brew a cup of wild tea.
- Weaving using natural reeds.
- Menu ordered lunch, cakes and coffees

You will bring:

- Reasonable fitness to manage hills and uneven ground (we will take plenty of breaks).
- Sense of humour.
- Be willing to engage in all activities and have an open mind.
- Rucksack, waterproofs, walking boots.

Pricing

- £57 per person.
- Includes all activities listed above, guided walk, follow ups after the retreat and Clarity Digital detox guide to help you reduce your screen time.



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FILM NEGATIVE

