



2 Hours in Nature

Gentle Nature Walks in Farnham



Farnham



Friday, Biweekly, 10:30 - 12:30

All walking abilities welcome – just bring your sensible shoes!

Join us every other week for a peaceful stroll through the beautiful surroundings of Farnham. These walks are slow-paced and focused on relaxation, observation, and connection with nature.

What to Expect:



Gentle walking – no pressure, no rush



Standing yoga, simple stretches, and calming breathwork to start each session



Nature-based themes and mindfulness activities each time we meet



Use all your senses: listen to birdsong, notice hidden details, and feel more present

Scan the QR code for the timetable and register via contacting us via the website, email, phone or text.



catalystsupport.org.uk/activity-timetable/



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