

Mental
health
awareness
week 2026

FREE
event

Mindfulness in Nature

A SENSORY EXPERIENCE



**Date: Thursday 15 Oct from 10am at the Lovegrove cres entrance
to Ōtara creek reserve**

Come along and take some time for yourself as
we slow down, reconnect with nature, and
practise simple mindfulness techniques in a
peaceful outdoor setting.

Activities Includes

- Meditation with Matt Todd
- Bird watching
- Rongoa and rākau
- Gentle boby movements
- Make your own foot soak to take home

Book Now

Mindfulness in nature registration



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