



# NATURE HEALS

## HIKING WORKSHOP

WITH HOLISTIC CONSULTATION



Explore the benefits of nature with Annette and Angela. Engage in a journey toward the healing power of nature. Find simplicity, silence and your authentic self along the way. On this hike there will be time for guided meditation, breathing exercises and deep reflection.

***"The journey of a thousand miles starts with just one step." -Lao Tzui***



## MORE ABOUT THE WORKSHOP:

Mental health can feel like an overwhelming maze, or a tidal wave. Can we simplify the process and embolden trust in ourselves to lead us where we need to go? Annette and Angela will help you identify how to be your own best guide.

Nature is calling you, explore this simple approach and get away from the stressors of the city. Find a new metro park in your area, get outside and break free from the confines of your dwelling place, inside your house and inside your mind. Step outside your comfort zone and into your life.

**When:** Sunday, July 11th Noon-1pm

**Where:** Inniswood Metro Gardens  
940 S Hempstead Rd, Westerville, OH 43081

**How to register:** Spaces are limited; email [natalie@holisticconsultationllc.com](mailto:natalie@holisticconsultationllc.com) to reserve your space.



**Angela Weixel**



**Annette Badamy**