



ETERNAL LAKE NATURE RESERVE

- WELLNESS IN NATURE -

At Eternal Lake Nature Reserve, we have a focus on health and well being. We offer one day Wellness Programmes for groups of 12-18+ people.

The Day consists of a variety of wellness based activities designed to provide healthy habits you can take away and incorporate into your daily life, which provide benefits for your personal and professional life.

The days starts with a welcome tea or coffee and a chance for everyone to meet each other. This is followed by a warm up stretch, then an introduction to Qi Gong and Tai Chi, practices that have survived over 4000 years which use principles in the movements grounded in Traditional Chinese Medicine, and which can be easily learnt and practiced at home.

After this, we have a Mindfulness session covering what Mindfulness means and the benefits, various meditation methods, relaxation techniques and ways of self-observation and the techniques used to bring holistic peace and happiness. It is centred around self-compassion and kindness, opening the mind to new ways of thinking and perceiving.

We then break for a healthy lunch at the Pureplanet Cafe and give everyone the opportunity to explore the Nature Reserve.



After lunch we resume with a high energy and fun Drumming Circle. Not only are they really fun, Drumming Circles are great for reducing tension, anxiety, depression, and stress, boosting the immune system and increasing energy, releasing negative feelings whilst also making social interactions and feeling a sense of community.



The Music and Mind School session follows where participants will have the opportunity to experience the true healing power of music. It starts with a presentation, followed by participation in singing together and making music as a group.



The day closes with a Gong Bath, but don't worry about bringing a towel, as it's a sound bath meditation session where ancient instruments are used to generate powerful internal vibrations which have consistently shown to delivery deep relaxation and release of trapped negative emotional and feelings.



You will end the day having been transformed, inspired and deeply relaxed with a new set of wellness skills.



How to book:

For more info or to book your group event please contact us on info@eternallake.org or call Mark Kent on 07539 582 354.

How to get here

By Car: Eternal Lake Nature, Reserve, Salt Lane, Cliffe, ME3 7RT. Free parking on-site.
By Train: Nearest Rail stations are Rochester or Higham
By Bus: 417, 133
Main Entrance on Salt Lane
Wheelchair Access Available

