

## Eco-therapy Mindfulness sessions in Nature

*One-to-one nature therapy  
personalised for you*

Experience mindfulness whilst communing with nature. Connect with yourself and the energy of nature, in deeper ways. Leave feeling grounded, more present and alive - with a stillness of mind and connection.

Working at your own pace we focus on your innate resources and abilities to respond more effectively to stress and pain, plus discover your habituated, often unhelpful reactions to life's stressors, and learn alternative responses.

Practicing applying these skills to everyday situations in the energy of nature helps to connect more fully with yourself and the life you are living in deeper ways.

These 60 minute sessions are held in  
in Nonsuch Park and green spaces in Sutton

*Price: £35*

Package of three 60-minute sessions

*Price: £90*

Guided mindfulness sessions in natural settings such as parks and woodland, is a nature nature-based approach providing individuals an opportunity to experience mindfulness whilst communing with nature. Connecting with the energy of nature, in deeper ways helps us to feel grounded, more present and alive - with a stillness of mind and connection

I bring this connection to the natural world to all my practices, diffusing pure grade essential oils into the atmosphere using a cold air diffuser. This helps to enhance the meditation experience whilst still communing with the energy of nature.

*'Zoë's guidance in finding a space to connect with nature through mindfulness has been invaluable. Her sessions are tailored and interactive, demonstrating how to put practices into everyday life. Taking time to redress the balance has greatly reduced my feelings of stress and anxiety, encouraging me to approach challenges in a healthier way.*

*I would highly recommend her -  
a woodland guru!*



*Mindfulness-Based Stress Reduction  
can help to:*

Stop Overthinking

Reduce Stress

Treat Panic Attacks

Manage Anxiety and Depression

Improve symptoms of Burnout

Loosen the grip of negative habits and thinking

Increase Self Compassion

For more information and details  
please visit my website at

[www.zoehannam.com](http://www.zoehannam.com)

## The Art of Mindfulness



**Learn How to Master The Art of Mindfulness  
through Personalised One-to-One  
Mindfulness-Based Stress Reduction  
Sessions with Zoë**



### *Three-step mindfulness Introductory programme*

*One-to-one introduction to  
mindfulness personalised for you*

During these mindfulness-based stress reduction [MBSR] interactive sessions you will learn how to cultivate awareness in your mind and body, some of the science and attitudinal foundations of MBSR, what stress is and how different people experience it.

You will be guided through various mindfulness practices and exercises as well as explore how to be mindful in your everyday life.

This package consists of three 45-minute sessions held in Sutton and suitable for beginners

*Price: £120*

### *Eight-step mindfulness Introductory programme*

*One-to-one mindfulness  
package personalised for you*

This eight-step Mindfulness-Based Stress Reduction [MBSR] programme is an effective and systematic approach to the growing problem of stress and anxiety in a broad range of areas in life and work.

You will learn how to develop the ability to cope better with short-term and longer-term stressful situations recognising patterns of worry and self-criticism, plus an understanding of responding rather than reacting to your experiences.

MBSR improves your ability to recover more quickly from challenging situations to develop practical self-care tools to help build resilience.

This package consists of eight 45-minute sessions held in Sutton open to anyone interested in mindfulness

*Price: £300*

### *Mindfulness-Based Stress Reduction sessions*

*One-to-one mindfulness sessions  
personalised for you*

These sessions offer a bespoke MBSR experience, working at your own pace we focus on your innate resources and abilities to respond more effectively to stress and pain, plus discover your habituated, often unhelpful reactions to life's stressors, and learn alternative responses.

Practicing applying these skills to everyday situations helps to connect more fully with yourself, loved ones, and the life you are living.

These sessions are 90 minutes and held in Sutton open to anyone interested in mindfulness and suitable for beginners

*Price: £50*

Contact Zoë via email [hello@zoehannam.com](mailto:hello@zoehannam.com) or 07725 048 331

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