

Nature Therapy
CIC

Nourishing Minds

Building Resilience

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Community interest not for profit
Established 2013

UK Register of Learning Providers
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Wolf Medicine

Heart Centered Nature Therapy

Dr Kim Brown





You can choose from a range of activities such as:

Equine Assisted Therapy
Walking the Labyrinth
Medicine of the Wheel
Forest Bathing
Quantum Hypnosis
Sea Medicine

High Sensitive People

Have you ever been called sensitive?

Research proves that being sensitive is a genetic trait which some of us are born with.

This way of being leads to sensory information from the world around us being processed by the brain at an intense level.

Those who are sensitive experience life in high definition. It is hard to turn down the dial.

For those of us who are Sensitives, being in nature is not just a nice thing to do - it is vital to our well being.

*All funding goes to support programmes
run by Nature Therapy CIC*

*For more detail please go to our website
www.naturetherapyCIC.com*

Wolf Medicine

Wolf Medicine therapy sessions are held on a Wednesday in Brighstone.

The sessions are held outdoors so are open to challenges from the weather. In some circumstances indoor sessions can be provided.

Each session is a one to one with Dr Kim Brown. Kim is a Nature Therapist, Registered Nurse, former Midwife and Tutor. She started work in mental health nearly fifty years ago and has won many accolades for her innovative approach to mental wellbeing.

Investment

Each session costs £60 per person per hour,

The first session involves planning your own solution focused pathway.

Further sessions at your own pace according to your unique needs.