



# HEALING WITH NATURE

## *An Introduction to Ecotherapy*

with Alasdair Taylor

**27th - 28th May 2017, 9.30am-5pm**

*Yellow Room, Water of Leith Visitor Centre,  
24 Lanark Road, Edinburgh, EH14 1TQ*

### ABOUT THE ECOTHERAPY RETREAT:

Green spaces are increasingly viewed as valuable assets for maintaining good mental & spiritual health, & growing evidence indicates they provide an effective treatment for mental ill-health.

\* LEARN how easy & enjoyable it is to take charge of your mental, emotional & physical well-being through spending time in nature.

\* DISCOVER how quickly & effectively therapeutic interventions can be made in the context of 'nature connection' & environmental conservation work.

Our primary eco-therapeutic tool will be the 9-step PRANA method (Positive Reflection & Association with Nature Awareness), a modality developed by Alasdair Taylor, Executive Director of Earth for Life CIC. [www.earthforlife.org](http://www.earthforlife.org)



### WHO IS THIS FOR?

Anyone with a personal or professional interest in using ecotherapy for themselves & others in everyday life & at work. ***We can look after ourselves AND our planet!***

#### ABOUT ALASDAIR TAYLOR:

Alasdair is a qualified Country-side Ranger & has trained & practised in psychotherapy.

He is the founder & Executive Director of Earth for Life CIC, a new social enterprise at the forefront of ecotherapy services in Scotland, delivering contracts for government, Third Sector & business organisations.



#### WHAT PREVIOUS PARTICIPANTS SAID:

*"Thank you so much, I've had an amazing weekend. I feel a lot better about some big changes that are going to happen that have been causing a lot of stress. I feel much more comfortable now in myself and in my ability to deal with emotional difficulties through something that I've always loved – nature."*

*"Nature has always made me feel calm and relaxed and safe, but I now think that the connection techniques you've taught me will allow that to continue and spread..."*

**More info & booking via Edinburgh International Centre for Spirituality & Peace:  
[www.eicsp.org](http://www.eicsp.org)**

**Cost: £100/£80 (concessions). For registration forms, please contact Neill Walker:  
Email: [mesp2017@hotmail.com](mailto:mesp2017@hotmail.com) Tel: 0131 331 4469**