



# Mindfulness map

Mindfulness is about paying attention in the moment with a sense of non-judgement towards our present moment experience. Mindfulness can help create a space between our thoughts, our emotions and our actions, helping us to focus and feel better both emotionally and physically. Experience the healing power of nature by following this audio trail around Moors Valley Country Park.

This audio trail aims to guide people through the fundamentals of mindfulness whilst interacting with the natural world. Led by an experienced Mindfulness Practitioner, this trail is a perfect way for beginners to practice the art of Mindfulness within the natural environment.

The trail's audio files can be downloaded to your smart phone or mp3 player through our website [www.moors-valley.co.uk/mindfulness](http://www.moors-valley.co.uk/mindfulness)



- Toilets
- Dog Waste Bins
- Cycle Hire Centre
- Ice Cream Kiosk
- Picnic Areas
- Fishing
- Boardwalk