



Jana Field

New Insights Certified Life Coach
www.journeytreehealing.com

Retreat Into Nature

Mini Wellness Experiences



Connecting with nature is one of the most vital and powerful ways to **restore total well-being**. Join Jana from 15 December 2024 to 10 January 2025 and discover how to connect with Mother Nature and find harmony, serenity, and sanity.

The Retreat Into Nature Mini Wellness Experiences occur daily at Random Harvest and allow you to **relax, restore, and renew** yourself as one year ends and another begins.

Programme

WHEN: 15 December 2024 – 10 January 2025

WHERE: Random Harvest, Muldersdrift, Gauteng

TIME: 9.30 am – 11 am

COST: R95/person (includes a welcome coffee/tea & snack)

BOOKINGS: Space is limited. Contact Jana directly at journeytreehealing@gmail.com or WhatsApp on 076 329 8692 to make a booking or for more information.

Please note the following:

- Young adults 16 years and older are welcome to join.
- Dress comfortably for walks on the farm and sitting on the ground.
- Wear a hat and sunblock and bring a water bottle, notebook, and pen.
- Mini wellness experiences will not occur from 24 to 26 December 2024 & 1 to 2 January 2025.
- Random Harvest's tea garden is open from 7.30 am to 4.30 pm. Treat yourself to a hearty breakfast before the mini wellness experience or a delicious lunch afterwards.



"I go to nature to be soothed and healed, and to have my senses put back in order" – John Burroughs



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Day	Date	Mini Wellness Experience
Sunday	15/12/24	Restoring Shattered Energy Through Nature Connection – Guided meditation & Nature Connection Sit Spot at the dam.
Monday	16/12/24	The 5,4,3,2,1 Forest Bathing Walk – Living in the moment and calming the mind.
Tuesday	17/12/24	The Art of Smudging – A natural tool to support overall wellness.
Wednesday	18/12/24	Tapping Into the Spiritual and Healing Power of Trees – Using the energy of trees to restore total well-being.
Thursday	19/12/24	Grounding & Earthing Through Nature – Guided meditation outdoors & using nature to ground yourself.
Friday	20/12/24	Letting Go & Gratitude Through Nature Connection – Guided meditation & Nature Connection Sit Spot in the gardens.
Saturday	21/12/24	Restoring Shattered Energy Through Nature Connection – Guided meditation under the trees & Nature Connection Sit Spot at the dam
Sunday	22/12/24	The 5,4,3,2,1 Forest Bathing Walk – Living in the moment and calming the mind.
Monday	23/12/24	The Art of Smudging – A natural tool to support overall wellness.
Friday	27/12/24	Tapping Into the Spiritual and Healing Power of Trees – Using the energy of trees to restore total well-being.
Saturday	28/12/24	Grounding & Earthing Through Nature – Guided meditation outdoors & using nature to ground yourself.
Sunday	29/12/24	Letting Go & Gratitude Through Nature Connection – Guided meditation & Nature Connection Sit Spot in the gardens.
Monday	30/12/24	Restoring Shattered Energy Through Nature Connection – Guided meditation under the trees & Nature Connection Sit Spot at the dam
Tuesday	31/12/24	The 5,4,3,2,1 Forest Bathing Walk – Living in the moment and calming the mind.
Friday	03/01/25	The Art of Smudging – A natural tool to support overall wellness.
Saturday	04/01/25	Tapping Into the Spiritual and Healing Power of Trees – Using the energy of trees to restore total well-being.
Sunday	05/01/25	Grounding & Earthing Through Nature – Guided meditation outdoors & using nature to ground yourself.
Monday	06/01/25	Letting Go & Gratitude Through Nature Connection – Guided meditation & Nature Connection Sit Spot in the gardens.
Tuesday	07/01/25	Restoring Shattered Energy Through Nature Connection – Guided meditation under the trees & Nature Connection Sit Spot at the dam
Wednesday	08/01/25	The 5,4,3,2,1 Forest Bathing Walk – Living in the moment and calming the mind.
Thursday	09/01/25	The Art of Smudging – A natural tool to support overall wellness.
Friday	10/01/25	Tapping Into the Spiritual and Healing Power of Trees – Using the energy of trees to restore total well-being.

