Soul of Belonging One-Day Outdoor Workshop:

Nature, Healing, and the Wild Within

Reconnect. Belong. Awaken Your Wild Within.

CIRCLE OF LIFE REDISCOVERY

Spend a nourishing day in a Sussex woodland with **Rebecca Wildbear**, author, soul-guide and creator of **Wild Yoga™** and Lead Guide for **Animas Valley Institute (USA)**

Step away from the everyday and reconnect with land, self and the more-than-human world through guided nature experiences, imaginative journeys and reflection. Slow down, listen deeply, and **rediscover a sense of belonging** - to yourself, the land and the wider web of life.

Saturday 20 June 2026 | 10am-6pm

Our woodland site near Laughton, East Sussex, BN8 6BP

£85 *Limited places*

BOOK YOUR PLACE

circleofliferediscovery.com

The Soul of Belonging One-Day Outdoor Workshop: Nature, Healing, and the Wild Within

with Rebecca Wildbear

Why this immersion matters

Many of us feel untethered - disconnected from land, community, and something deeper within ourselves. Beneath that disconnection is a quiet longing: to belong.

The Soul of Belonging Workshop offers a spacious, grounded day in woodland, guided by the land itself and by Rebecca's deep experience in nature-based, soul-centred work.

What you'll experience

- Guided practices to sense, listen and respond to the more-than-human world
- Imaginative journeys into unseen aspects of nature and self
- Council-style sharing and gentle embodiment rituals
- Time to slow down, reflect and reconnect

You'll leave with

- A renewed sense of belonging and inner steadiness
- Practical ways to deepen your relationship with nature
- Tools you can carry into everyday life and work

This workshop is for anyone who feels the call to belong more deeply - whether you're an educator, therapist, guide, nature-lover, or simply longing for something more.

CIRCLE OF LIFE REDISCOVERY

Visit: circleofliferediscovery.com/cpd-training/one-day-rebecca-wildbear-experiential-workshop/

Circle of Life Rediscovery (CIC)

Nature-based learning, healing and connection