

# Soul of Belonging One-Day Outdoor Workshop:

Nature, Healing,  
and the Wild Within

*Reconnect. Belong. Awaken Your Wild Within.*



Spend a nourishing day in a Sussex woodland with **Rebecca Wildbear**, author, soul-guide and creator of **Wild Yoga™**.

**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](http://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.*



Visit: [circleofliferediscovery.com/cpd-training/  
one-day-rebecca-wildbear-experiential-workshop/](http://circleofliferediscovery.com/cpd-training/one-day-rebecca-wildbear-experiential-workshop/)

**Circle of Life Rediscovery (CIC)**

Nature-based learning, healing and connection

