



Feeling in need of a bit of respite?
Finding life challenging or overwhelming?
Join us on our Mental Wellbeing Walks & Retreats
in the Lake District with Mind Over Mountains!

Combining walking in nature & mindfulness,
supported by professional coaches & counsellors who walk with you.
For anyone who might benefit from some time out with a friendly group,
walking and talking together.



Head to www.mindovermountains.org.uk for full details
& book your place on the 'walks and retreats' page - or
scan the QR code



Please feel free to contact us with any questions -
info@mindovermountains.org.uk