



Mindfulness

Learn exercises for managing stress/burnout for general employees, to give them a sense of wellbeing on the day and provide skills they can take-away to use in their daily lives.

Mind -Chi

Experience great benefits including a simple coping strategy, the power to change when you want and how to hold the reins of self-control, to help manage the strain from stress and build resilience.



Breathwork

Alan Ball's breathwork workshops support connection to our emotions, allowing us to fully release any physical and/or emotional tensions to find a sense of peace.

New Forest Activities Choose from one of many amazing outdoor adventures

Canoeing
Kayaking
BattleZone Laser Tag
Mountain Biking
High Ropes
Team Challengers
Archery
Bushcraft



Wild New Forest Walk

Join Wild New Forest's knowledgeable guides as they lead you through the stunning landscape on our very doorstep, Learn to identify various species, discover their unique ecological roles, and enjoy the beauty of nature.

