



mindful walks for wellbeing in hastings



Alexandra Park Walks • meet at the park bandstand at 2pm

■ Thursday 5th November

■ Friday 6th November

Intention sticks

■ Thursday 19th November

■ Friday 20th November

Going on a safari

■ Thursday 3rd December

■ Friday 4th December

Leaves and trees



Seafront Walks • meet at the pier entrance at 2pm

■ Thursday 12th November

■ Friday 13th November

Stop, breathe and listen

■ Thursday 26th November

■ Friday 27th November

Experience the senses

■ Thursday 10th December

■ Friday 11th December

Rainbow walk



Walks need to be booked so **please register** by emailing your details and the walk you want to join to Jacy Kilvert: jacy.kilvert@mindcharity.co.uk