

Craniosacral hike in nature - Saturday May 3rd 2025
Stephanie Fowler



Fancy a gentle hike in the woods, some peaceful time in nature, and the chance to give or receive craniosacral support with kindred souls?

Stephanie is running a relaxed afternoon hike through Broxbourne Woods, with dog Bobby leading the way. We'll meet at Bayford Station at 12pm, and head out for a 1-2 hour hike. After walking we'll share a simple picnic lunch (bring something to share!), then settle into a peaceful spot in the woods to rest, reflect and offer/receive CST treatments for those who'd like, before returning home.

Where: Bayford in Hertfordshire ->Broxbourne Woods

Time: 12pm-5pm(ish)

Cost: £20 (early bird April price)/£30 (May)

Vibe: informal, dog-friendly and heart-led

Bring suitable clothing and shoes, water, some food to share, something to sit or lie on

Contact Stephanie for more information or to book - spaces are limited to 10 participants (Weather dependent, I'll confirm closer to the time)

Email: fowler.steph@gmail.com

if you have any queries, or would like to register your interest.