

Highgate

Cemetery

Waterlow Park

&

Reflecting
on grief

Walks
in nature

Engaging with nature to understand grief differently

explore grief

self-reflection

connecting to nature



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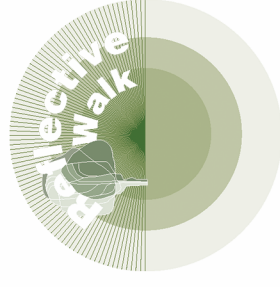
**TRANSPORT
FOR LONDON**
EVERY JOURNEY MATTERS

*In Waterlow Park
and Highgate cemetery*

Contact us at

<http://reflectivewalks.org/>

contact@reflectivewalks.org



During these walks, you will be encouraged to engage with nature to help explore and understand grief in a new and different way. Facilitators will lead the group firstly through the green spaces of Waterlow Park and then into Highgate Cemetery.

Although grief is a natural reaction to any loss or potential loss, it is often difficult to talk about as it can feel lonely. These walks are opportunities to pause, reflect and share, and to bring the complicated feelings that we often hide from others.

Engagement with the natural world is also an opportunity to 'get out of our heads'—and you will be encouraged to reflect on experiences of grief and the associated emotions while immersing yourself in the natural environment.

Using Shinrin-yoku 'Forest Bathing' techniques, you will be invited to notice and connect with the natural world that you will encounter on the walk, using all your senses.

Once in Highgate Cemetery, its unique environment, as a place of heritage, history, life, energy, and ecological hope, supports a different kind of conversation on loss and grief.

Date and Time:

The walks are the twice a month on a Saturday morning. Please see the website for upcoming dates.

Location:

The walk begins at Waterlow Park, and ends in Highgate Cemetery.

Length:

Approx 2 hours.