

Mindful Ecotherapy Retreats

Testimonials

"I really enjoyed the day retreat. I learned that we can connect deeply and authentically—not through words, but through grounded intention, graceful open-heartedness, and attunement to our bodies, feelings, and nature. By the end of the day, I felt transformed—more alive, present, and warm-hearted. The immersive experience in the forest helped me release mental clutter and fully arrive in the moment."

Stewart (Retired Educator)

"I attended a day retreat in October facilitated by Daniela, focusing on seasonal and nature connection through forest bathing. I wholeheartedly recommend it—again and again! It was a deeply powerful and beautiful opportunity to learn, connect with nature, and be present. Thank you!"

Fatima (Carer)

"The day retreat touched me deeply. I left feeling more connected to myself—grounded, calm, and renewed. I would highly recommend it, and it has inspired me to pursue training in Forest Bathing. Thank you!"

Simon (Gardener)

"I had a truly wonderful experience at the *Mindful by Nature Day Retreat* with Daniela. She guided me in practicing mindfulness in the woods, and I still feel noticeably calmer even days after the retreat. I highly recommend this to anyone who finds life a bit too stressful."

Megan (Psychologist)

"I experienced a beautiful mindfulness retreat in nature with Daniela. The day was thoughtfully paced, providing the perfect space to release built-up work stress. Walking through the gorgeous forest, we reconnected both individually and as a group. Daniela's passion for creating spaces of mindfulness and letting go is truly evident, and I'm so grateful there was a last-minute spot for me—it felt meant to be. I will definitely return when I can. Thank you!"

Carmen (Cranial sacral Therapist)

"I had a truly wonderful experience at the retreat. Switching off my phone, immersing myself in nature, and mindfully observing the surrounding elements was amazing. I left feeling more relaxed, present, and deeply connected."

Sam (Marine Biologist)

"The day retreat inspired me to reconnect with my meditation practice and gave me a deep sense of community and belonging. I loved walking quietly in the forest as a group—it brought such a feeling of stillness. I left feeling calmer and ready to weave mindfulness into my daily life."

Lucy (Support Worker)

"I truly enjoyed connecting with winter—both outdoors in nature and indoors by the warmth of the fire. I left feeling deeply rested and calmer. The retreat inspired me to bring mindfulness into my daily life as a way to prevent overwhelm."

Bryany (Mental Health Worker)

"It was an amazing day—unhurried, calm, and fully present in the moment. I especially enjoyed the movement work, which allowed my body to guide me. I left feeling calmer, more centred, and grounded. Thank you!"

Hilary (Lead Care Practitioner)

"I wholeheartedly recommend the retreat—it felt safe, restorative, and deeply energizing. I appreciated the blend of nature connection, mindful touch, guided meditations, and movement. It allowed me to feel spacious and settled in both body and spirit, which has been especially nurturing as I recover from a serious illness."

Emma (Not Working)