

Mindful Walks Torquay

MIND, BODY & SPIRIT



Staley Health

2nd Sunday of Every Month

Where: Salty Dog 47 The Esplanade, Torquay

Time: 9am to 10am

Every day is an opportunity to transform ourselves to a life of inner peace and harmony; whether we choose to create this heavenly existence on earth or not is our decision.

– Nikki Staley Ph.D

About the Walk

On the second Sunday of every month (weather permitting) we will enjoy one of the most iconic beaches in the world, walking silently to support mental health. This moving meditation is a community walk that will give you an opportunity to slow down and reconnect to your surroundings and in turn to reconnect to your true nature. When we come together as individuals to nurture our own mental health, we create opportunity for that to have a ripple effect on those around us.

We will start the morning with a short meet and greet, including a little bit of guided instruction about how to walk mindfully. I will then guide you through a 30 minute silent walk along the Torquay Beach walking track, or on the beach if it's warm. Along the way you will encounter mindful reminders to bring you back to the present moment through the ignition of various sensory experiences. We ask that you take some time out for just yourself and leave your pets and bubs / small children at home.

After your silent walk experience you will be invited to join your fellow walkers at Growlers Torquay to share your experience and enjoy a cuppa. These walks are suitable for everyone (8+ years), so no prior meditation experience necessary.

The walk will begin at Fishman's Beach outside The Salty Dog Cafe 47 The Esplanade, Torquay at 9:00am and finishing up at Growlers 23 The Esplanade, Torquay at 10:00am to share your experience with other silent walkers. This event is free and the only cost involved is for purchasing any food or drinks before or after the event.

To Book

Go to www.staleyhealth.com. If you have any further questions please do not hesitate to contact Nikki Staley at info@staleyhealth.com



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Phone Nikki Staley for bookings on
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