



West Stormont Woodland Group

WORKING WITH LOCAL PEOPLE TO BRING
TAYMOUNT & FIVE MILE WOODS INTO
COMMUNITY OWNERSHIP

“Feeling Good in the Woods”

Event 2/8: A Day with Herbalist Leila Mayne

We want people of different ages and abilities in our community to discover how access to local woodlands for different activities can be really good for our health and wellbeing.

Sunday 16 June 2019

Come and spend some chill-out time with Leila in **Taymount Wood** near Stanley getting to know the woods and connecting with nature.

Morning session: 10.30am to 1.00pm

The first part of the day we will take a meditative walk to contemplate our connection with the Spirit of the wood, plants and animals present. This will take between 5-10 minutes to walk to the place where we will gather in a circle for an interactive and exploratory workshop. (Paper and pens will be provided.)

Afternoon session: 2.00pm to 5.00pm

The second part of the day we will take time to meet with and discuss the medicinal uses of the different plants growing in Taymount Wood.



To book a free place for either or both sessions (first come first serve), email Elspeth asap at:

contact@weststormontwoodlandgroup.org.uk



MEET AT TAYMOUNT WOOD CAR PARK



Approximate location for morning session

Come prepared for any weather.  

This is a gentle activity but is outdoors with no seats, shelter or other facilities.

Bring your own refreshments.

Sorry, no dogs this time.

This free event has been funded by the Perth and Kinross Community Investment Fund