



THE ART OF WELLBEING

# Find the stars

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*Away from the city, the night sky at Cromlix  
reveals itself fully.*

Step outside and let your eyes gently adjust. Darkness feels complete and calming. Stars appear, and more emerge. Settle on a fixed point and soften your gaze upward, noticing the sky as it opens. Stay as long as the night holds you.

STIRLINGSHIRE · SCOTLAND