



THE ART OF WELLBEING

# Walk *mindfully*

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*Leave your phone behind and step outside.*

No destination, no plan. Feel the path beneath your feet, and let your pace slow until it finds its own rhythm. Notice the world opening up around you, the distant birdsong, the sound of your breathing. Pause when something pulls you.

For now, there's nowhere else to be.

STIRLINGSHIRE · SCOTLAND