



Walks to Wellbeing for businesses in Aberdeenshire

Dr Anna Dako

www.dunami-somatics.com

- **improve employee wellbeing**
- **reduce stress and absences**
- **increase engagement and productivity**

Walks to Wellbeing is a cost-effective and sustainable way to create a happier, healthier team and culture.

“Thanks to the process of active receptivity, ‘Walks to Wellbeing’ offer a rich dive into one’s inner landscape, and into the nervous system ‘where and when’ we can restore and rebalance”.

Shayne Lilith-Moon



▶ **improve mental health**

▶ **improve physical health**

▶ **reduce absences**

▶ **increase engagement**

▶ **increase productivity**

▶ **improve teamwork**

How we can help



We're all living increasingly sedentary lives at work and at home.

The human body wasn't designed for this.

It has a negative impact on our muscles, our heart and lungs, and most worryingly, our mind.

This leads to stress and mental health problems, to lack of motivation and reduced creative/innovative thinking.

Walks to Wellbeing can help you to improve the health of your employees – and your business.

Why choose us?

About the walks

04

Walks to Wellbeing are much more than a guided walk in nature.

You'll experience a way of walking that connects your body, its rhythms and its physiology, with the natural world that surrounds you.

The benefits will continue long after the walk has taken place.

Your employees will:

- Leave with a renewed understanding of the body-mind connection
- Have learned how to improve their wellbeing by mindful walking
- Continue future walks with heightened awareness, and deeper benefits
- Over time, this may even prompt wider changes in their lifestyles

Why choose us? About Anna

Your guide, Dr Anna Dako, is an expert in a restorative method of therapeutic walking, and the author of 'Walking to Wellbeing'. She has an in-depth understanding of what works for wellbeing through her vast experience and a doctorate in Counselling and Eco-Somatics.

Anna is a Humanistic Psychology Practitioner, Somatic* Movement Educator / Therapist, and Somatic Movement Dance Therapies Practitioner.

She is the founder of DUNAMI – Movement Arts Wellbeing CIC, a platform for ecologically mindful growth, psycho-somatic health and intercultural dialogue projects.

* A somatic therapist helps people to experience their mind-body connection more fully, in order to address mental and emotional health issues, and to release emotions that may be damaging.



How does it work?

06

We'll tailor your walk(s) around the needs of your business and employees. Choose from:

Duration	1.5 hour or 2 hours walk
Regularity	Single walk or a programme of walks
Size of group	we can accommodate any size of group (up to 12 & up to 25*)
Age/fitness	we can tailor walks to different ages, fitness levels, medical conditions
Location	usually a nature reserve of your choice in Aberdeenshire
Content/themes	we will discuss on the specific needs and interests of your group
Time(s)	weekdays or weekends, mornings or afternoons, to suit you

** For groups of 12 participants upwards, we will be joined by my colleague and will split into two groups*

What does it cost?

07

Sample cost for a 1.5 hour walk:



1 session:

£200 - up to 12 people (£16 per person)

£340 - 12+ people



6 sessions:

£990 (up to 12 people - £13 per person) / £1,600 (12+)



**We can offer blocks of sessions according to your needs
eg 3, 12, etc**



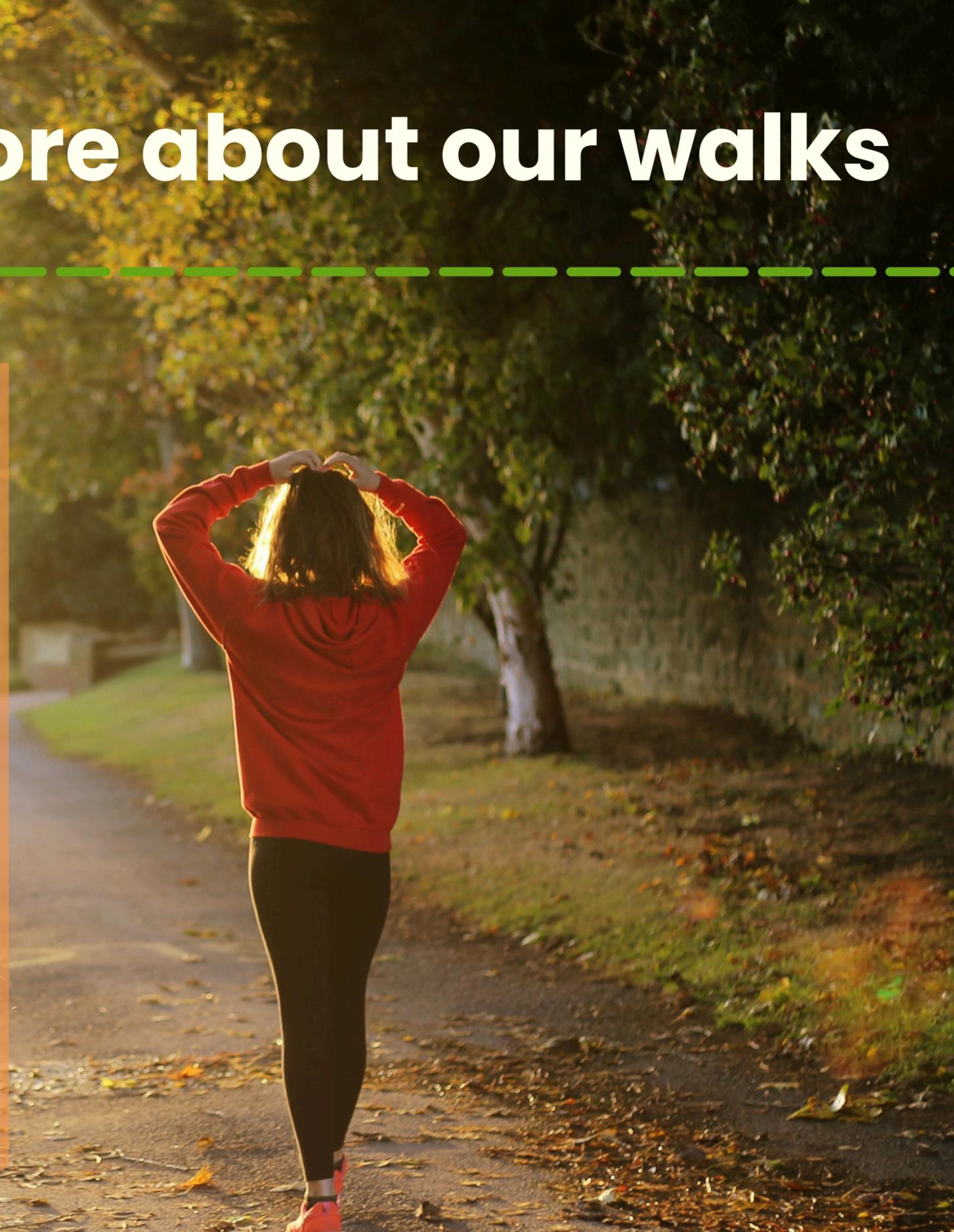
More about our walks



In today's busy world, we often ignore the sensations in our bodies. But we can learn a lot from them.

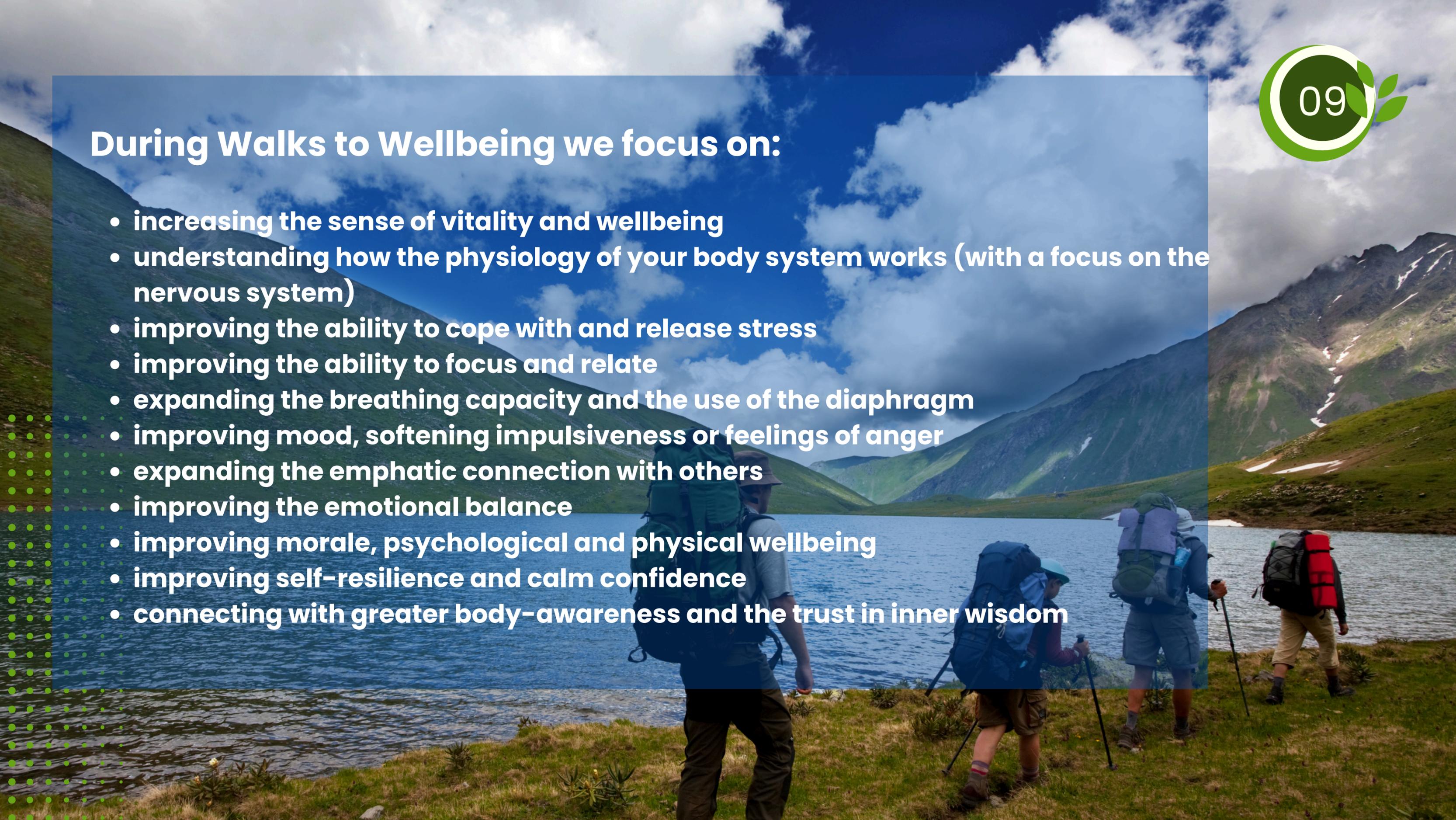
When we pay attention, and slow down, we are able to create a stronger connection between our mind and our body – essential to managing our mental health.

The walks are based on principles of experiential immersion in Somatic Felt Thinking, the therapeutic methodology developed and taught by Dr Anna Dako.



During Walks to Wellbeing we focus on:

- increasing the sense of vitality and wellbeing
- understanding how the physiology of your body system works (with a focus on the nervous system)
- improving the ability to cope with and release stress
- improving the ability to focus and relate
- expanding the breathing capacity and the use of the diaphragm
- improving mood, softening impulsiveness or feelings of anger
- expanding the empathic connection with others
- improving the emotional balance
- improving morale, psychological and physical wellbeing
- improving self-resilience and calm confidence
- connecting with greater body-awareness and the trust in inner wisdom





NEXT STEPS

If you're interested in Walks to Wellbeing, please complete the enquiry form (the top link below) or call or email Anna with any queries or for a no-obligation chat.



<https://bit.ly/WalksToWellbeingEnquiry>



anna@dunami-somatics.com



07754 797856



www.dunami-somatics.com

