

ROOM TO BREATHE

**Regular space for you to stretch your lungs,
your legs and your mind**

Time to think.

An environment free from everyday demands.

A group of people who understand and are willing to talk

Room to breathe is a group that meets in the Dales 4 times a year – Winter, Spring, Summer and Autumn – to walk, think and talk over a day. The day is structured to help you find areas you need to focus on, decisions you need to make, problems you need to resolve, and then have the space to explore them. There is time for informal talking as we walk, as well as structured space for talking and thinking as a group.

We use the open air – to relax bodies, expand minds, remove everyday demands.

We use members – who understand the pressures and dilemmas you face, who can add different perspectives, who can generate new ideas

We use the group – to provide understanding, support and challenge

We use skilled facilitators – to ensure you focus on things that will make a difference

Join us for a day to experience the group or continue with us through the seasons

Fridays, 9.30 – 4.30

**9 December 2011, 9 March 2012, 22 June 2012,
21 September 2012, 14 December 2012**

The cost is £30 per day, or £90 to book four days

The group is facilitated by Chris Powell, a group analyst, and Andrew Wilson, a GP. Chris and Andrew have led successful walking groups for personal support and professional development over the last four years.

**For more details and to book a place email or ring Chris Powell on
walk@spark.uk.net or 07817 089352.**