

# Mindfulness Beach Walk

Day: Friday  
Time: 7:00 am  
Duration: 60 Minutes  
Location: Sandbar  
Instructor: Gea



## In a Nutshell



As you walk mindfully on the beach at sunrise you gradually become more present in the moment. The breathing techniques, sensory meditation and balance exercises will help you relax and get ready to enjoy a mindful vacation.

Being and walking mindful in nature is the best way to relax our mind, body and soul. When we then also befriend ourselves and our experiences, we will

- Release & reduce stress.
- Feel more energized,
- Increase our concentration & creativity
- Get a feeling of happiness
- And we start to see the miracles of life.

## Why you need this Class and what it does for you

Waking up early to practice Mindfulness on the Beach is a magnificent way to start your vacation day: Seeing the sunrise and how it's coloring the ocean and the glorious beach.

First we start with a body scan meditation to awaken our body & senses.

Next we start walking barefoot on the Beach, and deliberately being mindful of the earth beneath our feet, the air flowing in and out of our lungs, the sights, sounds, smells, and even tastes that we experience as we walk.

During our 1,5 mile walk we play with different mindfulness exercises that help expand our awareness of how you carry yourself as you walk.

The Mindful exercises give you valuable insights into how you can move with greater ease

and comfort. Walking along our beautiful blue ocean mindfully is refreshing wellness for your body, mind and soul. Upon return you experienced some new ways to practice mindfulness.

## The Instructor

My name is Gea Sougé, I joyfully facilitate mindful beach walks, labyrinth meditation walks and nature coaching. As a certified life & nature-based coach I have extensive experience in mindfulness practices and nature meditation.

I'm a mindfulness & meditation practitioner for over 15 years. With over 10 years of coaching experience I help clients, individuals & groups, overcome challenges using mindfulness practices and different coaching strategies & tools.

As a coach, I help you go to your own silent, deep, and beautiful parts, where it is easy to spot what you want in your life. Maybe it is more friends, time, play, money or meaning.

Or less stress, anger and frustration. Knowing what you want in your life is the first step to freedom and I gladly will help you take the steps to get it.



I am passionate about sharing with you what I have learned about how to live a life with more joy. I offer a safe space for you to open up, walk with you in nature to release stress, and inspire you to discover what you love to do when work is actually play for you and when giving and receiving are in balance. I am a bubble of ideas and you will soon be too. Let's start bubbling and find the things you love to do.

I'd like to tell you: Wake up! See the beauty around you; you are part of it, too!