



Northumberland  
Wildlife Trust



a #30DaysWild Celebration

# BIG WILD SATURDAY

14 June – Northumberlandia NE23 8AU

Each year during 30 Days Wild, the Big Wild Weekend sees Wildlife Trusts across the country holding special events to bring people closer to the natural world.

## Outdoor Yoga

10:00 – 10:45

£5 per person

## Medicinal Herb Walk

11:00 – 11:45

£5 per person

## Forest Bathing & Nature Crafting

11:00 – 11:45 & 13:00 – 13:45

£3 per person

## Mindfulness in Nature

10:00 – 10:45

£5 per person

## Outdoor Sound Bath

13:00 – 13:45

£5 per person

## Foraging

13:45 – 14:30

£5 per person



NWT.ORG.UK/EVENTS for more info  
and booking or SCAN THE QR CODE