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Mindfulness-Based Ecotherapy Workbook

By Charlton B Hall LMFT-S

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Mindfulness-Based Ecotherapy Workbook



A 12 Session Program for
Reconnecting with Nature

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the book the author s writing style and the resources on his website This workbook introduces the 12 skills of Mindfulness Based Ecotherapy MBE and introduces one of these skills at each of the 12 sessions in the program Although this book is designed to accompany the 12 week Mindfulness Based Ecotherapy workshop series it may also be completed on your own at home The experiential nature of the work allows anyone with access to outdoor spaces the opportunity to complete the series Mindfulness Based Ecotherapy allows you to embrace t

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