

# Hiking for the soul

## Deceleration tour 2

Being mindful means nothing other than seeing things as they are. Every one of us has this ability, but in everyday life we get caught up in rash judgements, drift into the past or future or lose ourselves in feelings.

How can you experience your presentness?

We hike silently through nature, we don't let ourselves be distracted by conversations and let ourselves be pointed to the things we encounter on the hike.

This easy hike is suitable for beginners, approx. 10-12 km long and takes place in all weathers.

Unfortunately, dogs are not allowed on this walk, as some of the trails lead across private property.

Registrations are welcome at [www.fabi-bocholt.de](http://www.fabi-bocholt.de) or by telephone on 02871-239480.



Wandern für die Seele  
30.04 von 10:00-15:00 Uhr



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*Relaxation*

## Event Details

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### Venue

 [Familienbildungsstätte /  
Mehrgenerationenhaus](#)

Ostwall 39  
46397 Bocholt

### Organizer:

 [Familienbildungsstätte /  
Mehrgenerationenhaus](#)

Ostwall 39  
46397 Bochol

