



# Wilderness Experiences

Your paragraph text



## Natural Movement

In Partnership with Nala





## Natural Movement

In Partnership with Nala from the Wild Movement Collective, join us for an immersive day in an ancient forest, reconnecting with your wild side and learning how to use your body to move in a wild landscape.

Using techniques from natural movement, yoga and Nala's signature wellbeing techniques, experience the wilderness and how to connect with nature through movement.

This event will deliver an engaging physical experience and a functional and holistic approach to wellness. We provide the tools to reclaim your right to moving, feeling, and living better..



## The Wilderness Difference

During this exciting collaboration, Wilderness Folk School's bushcraft experts will support Nala and inject some wilderness skills, epic campfire cookery and contribute to a truly unique event out in the woods.





## About Nala

Nala is dedicated to helping others reconnect with their bodies and experience a deeper sense of aliveness. Drawing from an evolutionary framework, she integrates rewilding principles to promote holistic health and well-being in her clients.

With over 20 years of experience as both a student and teacher of movement and natural lifestyle development, Nala has studied with world-renowned experts in fitness, yoga, Pilates, parkour, bushcraft, ancestral skills, osteopathy, nutrition and breathwork. She embodies these practices in her own life and brings them into her work with clients.

[www.wildmovementcollective.com](http://www.wildmovementcollective.com)



“Returning to a natural  
state”

## Itinerary

- Welcome to the secluded ancient woodland camp, teas and coffee by the campfire with an introduction from Nala & Wilderness Folk School
- Natural movement workshops
- Essential bushcraft fire-lighting skills challenge
- 2-course campfire cooked lunch
- Wild yoga and natural techniques
- Sensory awareness and reconnecting yourself with wildlife
- Closing address around the campfire & how to continue your practice

## Details

### Where

Ancient woodland, nr Aberfeldy, Perthshire

### How long

1 day event or multi-day options available

### Group Size

Up to 16

### Suitable for

All ages and abilities, you are in safe hands.

### Included

Lunch, snacks, warm drinks, all equipment.

### Info & Booking

[wildernessexperiences@folkschool.uk](mailto:wildernessexperiences@folkschool.uk)

*\*\*We can tailor this event to suit your requirements and seamlessly scale this up to a multi-day event to include overnight stays in the woods or luxury accommodation\*\**