

*“Just being surrounded by bountiful nature, rejuvenates and inspires us”*

**EO Wilson**



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# Nurture and Nourish:

## Taking the Inside Out - Bringing the Outside In

**THE NASS &  
TALKING HEADS  
RETREAT**

An opportunity for school leaders to escape their busy lives to spend time in a supportive environment, immersed in nature and in the company of peers.

Come and immerse yourself in nature to support your health and wellbeing. The EcoSensory Therapy approach aims to nurture the mind and nourish the body in nature.

**25th to 26th April 2025**

Hawkwood College, Stroud

Booking open

**[nassschools.org.uk/events](https://nassschools.org.uk/events)**

*£475 per person including overnight accommodation and all meals*



Experience the EcoSensory model of practice, a nature-based neuro-sequential approach to regulation, connection, and engagement.

Engage in the regulating elements of Ground - Connect - Rhythm - Discover - Attend - Create - Nourish & Reflect...to refresh and revive. Gain the benefits of these for you personally and for your school.

## PROGRAMME AIMS

- Experience the powerful links between science, nature, regulation, and neuro-sequential learning.
- Experience the regulating properties of nature within a relaxing, contained, and nurturing environment.
- Acknowledge the challenges of the working environment, and how we meet these.
- Being able to recognise your sensory needs at work, and ways to bring nature into this.
- Recognise the connection between our minds and bodies, as they link with our sense of self at home, and at work.
- Go home feeling rested, regulated, and restored.
- To have a sense of nature as an ongoing regulatory resource, and the use of EcoSensory principles in daily life, inside and outside school.

## OUTCOMES

- To support self-regulation and co-regulation with colleagues within the enriched environment of nature.
- To support enhanced regulation through guided engagement in nature spaces.

# Outline of the Retreat

## DAY ONE - ARRIVAL TIME 4PM ONWARDS

Hawkwood College in the Cotswolds:  
[www.hawkwoodcollege.co.uk/accommodation/](http://www.hawkwoodcollege.co.uk/accommodation/)

### Friday evening

A time to connect together, have nourishing food to eat, and rest!

- Welcome
- Grounding in nature for neurophysiological regulation. Immerse yourself in the experience of nature-based activities that promote regulation, and well-being
- Connecting to self, with others, our environments
- Our internal rhythms, and synchrony with nature
- Nourishment and care for yourselves in a supportive learning environment

## DAY TWO - BEING OUTSIDE, IN AND WITH NATURE: WE WILL BE OUT IN NATURE FOR THIS PART OF THE TRAINING

### Morning session

- Evidence for the benefits of nature: for regulation, wellbeing - the Oxygen Mask rule
- Ground: Exploring a sense of ground in nature spaces - 5, 4, 3, 2, 1. Barefoot Walking
- Connect: Find your Sit Spot, re/connect with nature
- Rhythm: How we engage with the seasons, phases, rhythms
- Discover: Discover and explore the spaces, connections, and opportunities
- Attend: How attending helps us, different types of attention, and how we use our senses to attend.

### Lunch

Nourish: nourishing ourselves and others through nature, how nature supports our physical health, and immunity.

### Afternoon Session

- Create: Build, make, create
- Reflect: Metaphors in nature

### Closing and departure

5pm