

Walking Therapy on Hampstead Heath

Hampstead Heath
London, NW3

Lara Just
Eco-Psychotherapist

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Walking Therapy

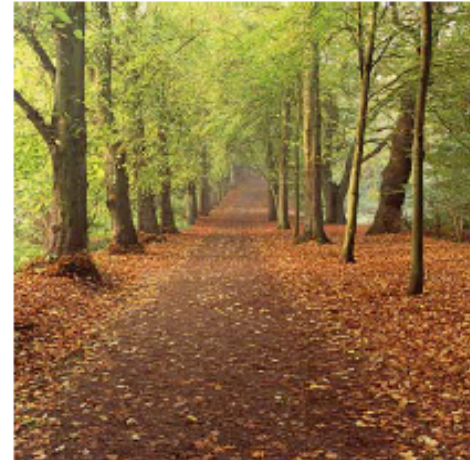
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WALKING THERAPY Outdoor psychotherapy and counselling

Outdoor walking sessions on the beautiful ancient Hampstead Heath. A unique eco-psychotherapeutic approach in London.

Walking Therapy is just what it says, instead of sitting in an office we talk AND we walk. It combines professional therapy support with moving the body mindfully. Re-connecting with nature lies at the heart of eco-therapy approach.

Healing for body, mind & soul

Walking amongst the ancient trees can be deeply calming to mind, body, spirit and soul. It can be more relaxing and encourages healthy activity for children, young adolescents and adults. It gets us 'moving' – both metaphorically and literally.

The act of walking forward can be in itself a metaphor for moving ahead, symbolising change and moving past difficult things.

The Walking Therapist

Lara Just (UKCP Acc) is the founder of The Walking Therapist. She works outdoors, online and through animal-assisted therapy with children, young adolescents and adults. Lara supports people with trauma, depression, grief, anxiety, addictions, relationships, LGBT+, bereavement, body issues/low self-esteem.

