This route starts at the Chadkirk Country Estate Car Park. It is around 3 miles long. Please note that there are steep sections of ascent and decent and at this time of year there can be quite a bit of mud too.

1. **DIRECTIONS:** Head out of the car park and turn left down the single lane track. When the track starts to bear left carry on straight over the very low gate or through the kissing gate. Then bear right along the path towards the river.

2. **VISUALISATION:** Stand on the bridge facing downstream and sense the flow of the river. Imagine that any worries or tensions can be carried away with the current downstream. When you are ready turn to face upstream and as the current flows towards you welcome in any positive quality that you feel that you need. For example: it could be calmness, peacefulness, courage or hope.

3. **DIRECTIONS:** Walk back along the path you came on and as the path forks turn right to go through a kissing gate. Shortly afterwards the path forks again turn right to climb up the steps and through the woods.

4. **MINDFUL WALKING:** As you climb the steps up through the woods take time to notice the trees, admire the root networks keeping the trees stable and secure. Notice the colour of the leaves, the decaying branches of fallen trees, and the young saplings growing to replace them.

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I am a long time advocate of the benefits of being outside in nature. As the Winter approaches and the lockdown has been reintroduced it is more important than ever to get out and about in the natural world. With this in mind I have written my first self-guided yoga and walking trail.

Enjoy,

Susan
5. AFFIRMATION: When you get to the top of the hill pause and catch your breath. Stand tall in mountain pose, the feet anchored into the earth the crown of the head raising towards the sky, body tall and lifted. Sense your connection with the earth, hear the birdsong around you, feel the weather on your face. Quietly affirm to yourself “In stillness I discover my inner strength”

6. DIRECTIONS: Continue to walk along the path through the woods until you reach the canal and then turn left.

7. WALKING MEDITATION: As you walk along by the canal bring your attention to your breath, notice the inflow and outflow of breath to your body. Allow you breath to naturally deepen and become steady and even. Invite your breathing rhythm to fall in synch with your walking pace. Notice how many steps your inbreath takes and how many your outbreath takes. Continue to walk like this. Whenever you are aware that your mind has wandered bring your focus back to your breath and the rhythm of your walking.

8. DIRECTIONS: After around 10 minutes you will reach a litter bin by a wall. Just before the bin there are some steep stone steps, descend the steps carefully and turn left at the bottom onto a single lane track. Walk down the hill, past Chadkirk Well and towards the Chapel. At the black metal gates turn left and go through, follow the path to you your left and enter the Walled Garden.

9. MEDITATION: If the weather permits find a seat to sit on, have both feet flat on the ground and sit with the spine lifted. Take a few deep breaths to settle yourself and close your eyes or lower your gaze. After a few breaths imagine that you can breathe in through the soles of the feet, and allow the breath to travel up to the heart space. As you breath out imagine that you can breathe from the heart down to the soles of the feet and into the earth. Carry on breathing in from the earth to the heart and breathing out form the heart to the earth. Take your time and when you feel ready you might like to add in the following visualisation. Breathing in drawing up the qualities of safety, support, and security, and breathing out sending a sense of gratitude and connection to the earth.

10. DIRECTIONS: When you are ready walk back out of the walled garden, walk around the lawn and back to the black metal gates. Cross over the track and through the kissing gates opposite. Turn left and walk alongside the hedge. Go through another kissing gate and then turn right and back along the track back to the car park.

For more information on yoga therapy, Thai yoga massage and Dru yoga classes please contact Susan at

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