

Our offerings

Nature's pathway to inner wellbeing.

Everything below is hosted in Prohealth's own woodland, by booking only and accompanied by one of Prohealth's team.

All prices include VAT, except for those quoted to organisations. Sessions run in most weathers, so wrap up warmly and wear something you do not mind getting muddy.

Time in the woods, one to one



The Sylvotherapy Journey

Ninety minutes, guided by Davina Shaw. Three phases through the woods, closing at the Tea Circle

£150

The Journey, for two

The same ninety minutes, shared

£220

The Journey, a block of three

Used within nine months

£405

£135 a session

Deeper Session

An hour in a single place in the woods, for those who have walked the Journey

£90

Deeper Sessions, a set of three

One in every place

£240

£80 a session



Forest Cards

An hour, one to one, with prompts drawn from the forest

£84



Discover Sessions

Ninety unhurried minutes for two. The easiest way to try the woods

£60

or £30 each in a group

The circles



The Forest Stillness Circle £18
Twenty minutes at the sit spot



The Rooted Circle £18
Forty five minutes among the trees, in a small group
private groups £110

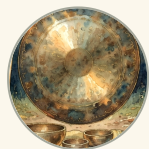


The Tea Circle £18
An hour at the table in the woods. Tea and something homemade included

Together in the woods



Forest Sound Bath £28
An hour of gong, crystal and Himalayan bowls, in a small group



Private Sound Bath £110
An hour, the clearing to yourselves, up to four people



Seasonal Walks £22
Ninety minutes, with dates released season by season



Seasonal Gathering £35
An evening at the turning of the year



The Reset Retreat £125
Half a day, everything included

The Chakra Pathway



Chakra Pathway Passport £15
The collectible booklet, seven stations, a reflection to listen to at each, and a certificate at the end

Passport with a guided walk £38
The booklet and the ninety minute walk, at the holder rate

Passport, premium £55
Adds the chakra keepsake

Crown to Root, the guided walk £44
Ninety minutes along the pathway in a small group, passport included



Crown to Root, one to one £60
An hour along all seven stations, by arrangement

Crown to Root, the group programme £245
A closed group of no more than eight

Crown to Root, six weeks £455
For those who have walked the pathway and want to stay with it



Reiki £65
An hour, one to one, indoors or in the woods

From wherever you are



Online session £48
An hour, live and led rather than recorded first one free to passport holders

Online six week evening course Ask
A group of up to twelve. Please ask for dates

Children and families

Children's session	£20
Per child, with a minimum charge of £42 a session	
Children's block of six	£102
Which works out at £17 a session	
Parent mindfulness session	£42
For parents and carers, alongside a child's appointment	

To take home



The Chakra Mindfulness Box	£55
Seven keepsakes, one for each station, in a wooden box	
	£45 on completing the pathway



The Mindfulness Box	£58
Oil, candle, incense, cards and a guide	
	£46 for guests of the woods

A Memory Leaf	£7.50
Written, and hung on the Memory Branch	
	£22 engraved

Gift voucher	Any
Any value, written in at reception	

For organisations

The Partnership, Seed	From £1,495
A year. A half day for up to fifteen, ten boxes and priority booking	
	plus VAT

The Partnership, Grow	£4,250
Two full wellbeing days across the year, twenty five boxes	
	plus VAT

The Partnership, Root	£6,950
Four days across the year, forty boxes, and a named contact	
	plus VAT

Mindfulness Boxes for a team	£42
From ten boxes	
	£38 from twenty five, plus VAT

Passports for a team	From £450
Ten passports, a guided walk and a written summary	
	plus VAT

To book, or to ask about any of it: call 01543 480360, speak to reception, or visit prohealthuk.org

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The Old Rectory, Church Lane, Burntwood, Staffordshire WS7 0JS

Most of what we offer is nature based wellbeing support rather than psychotherapy or crisis care. The Sylvotherapy Journey is delivered by a qualified psychotherapist. Please ask if you would like to talk about which is right for you.