

Urban Mindfulness by social enterprise Street Wisdom - a free new route to finding clarity in the chaos - annual #WorldWideWander Sept 20-22nd

Submitted by: Knot PR

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Our wellbeing is under threat. This September 20th to 22nd 2019 we're inviting the world to press the pause button, hit the streets and find some much needed clarity in our annual World Wide Wander.

It's a chance to link up with like-minded wellness seekers across the globe and experience some urban mindfulness right on your doorstep.

The World Wide Wander is an yearly gathering to celebrate Street Wisdom, streetwisdom.org, a social enterprise with a mission to bring inspiration to every street on earth. Street Wisdom gets you literally out of the box. By embracing the therapeutic power of wandering: slowing down, connecting to what's around (and within) you, people feel clearer, more inspired, less isolated and less stressed.

At its heart is a free, immersive "Walkshop" – part walk/part workshop - which lets you experience the urban environment in a new way. We call it 'walking-based problem solving' – a mix of psychology, mindfulness and cognitive science.

All over the world there are free Walkshop's happening every week. But once a year we invite everyone we know (and thousands we don't yet know) to hit the streets together in Street Wisdom Walkshops across the globe. So, whether you're in London (9 events including night-time session on the Southbank), Shanghai or San Francisco, Bracknell or Brisbane you're warmly invited to join in. (There is an audio download for those who can't make it to a group event.)

If you are looking for answers or direction. In life. In work. In everything. And beyond. Then Street Wisdom is for you.

This year, we have 55 events in 22 countries.

Street Wisdom was founded by best-selling author, speaker and business innovator, David Pearl, and has become a global phenomenon bringing people life-changing results.

Pearl explains. "The world seems volatile and uncertain. People are feeling disenfranchised by politicians and are becoming increasingly divided. We are losing our sense of selves, place and community. Street Wisdom is a simple wellbeing solution to help people become more open-hearted and open-minded; to find the wonder in the everyday, every-day."

Here's how Street Wisdom works:

3 hour long parts:

Tune Up – the facilitator guides you through a set of exercises to attune your senses to the environment.

The Quest – you think of a question and wander the streets with your new heightened awareness to seek answers.

Share – the group gathers in a pre-determined place like a café to discuss learnings, discoveries and how they will move forward.

When the Walkshop is over, people leave with a technique they can use anywhere, anytime to turn on awareness and connect with the wisdom that's all around. Simple, but deeply impactful.

Our unique three-phase process has been developed, tested and validated in thousands of Walkshops around the world.

'Street Wisdom was like turning the volume up on my eyes' Liz, London

'There is so much abundance of stimuli and people busy fighting their way through, a lot of it goes unnoticed. But it's there.' Lucy, New York

'The session was truly inspiring. I find it hard to slow down, but this... This opens a new, or actually existing but unseen reality to me...' Niels, Amsterdam

Join the World Wide Wander Insta @street.wisdom FB @StreetWisdom1
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