



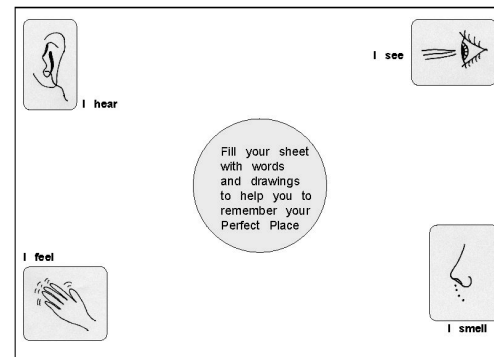
### Resource 1: Charles Darwin's Thinking Path

Charles Darwin was a brilliant naturalist who lived over 200 years ago. He is famous for his theory on evolution which was published in a book called "On the Origin of Species". Darwin believed that all species (plants and animals) have descended from a common ancestry. Through natural selection individuals develop characteristics that make them more likely to survive. They would then pass these characteristics on to their offspring, and so on.

Darwin developed his theory through a voyage he took when he was a young man. He spent five years on a ship called The Beagle and visited countries as far away as South America. During his voyage he collected a huge number of geological and biological specimens many of which you can still see in the Natural History Museum in London.

Darwin suffered from bad health in later years and this kept him confined at home. It was at this time Darwin satisfied his great curiosity with experiments involving plants, for instance insect pollination and the movement of climbing plants. He would walk through the grounds of his estate at Down House three times a day, both for exercise and because it helped him ponder the questions that were bothering him; he called it his "Thinking Path".

### Resource 2: Perfect Place prompt sheet



See:  
[HealBodyBGPerfectPrompt.pdf](#)



### Resource 3: Images of retreats



View of Cwm Gwaun, UK from nearby Christian retreat  
*by ceridwen*



Alqueria de Rosales, Islamic retreat, Spain *By Riyadh Minty*



Kuppaghat  
Ashram, India  
By Praveshksingh

### Web links to download the pictures included in 'Healing Body and Soul' lesson resources:

#### View of Cwm Gwaun, UK from nearby Christian retreat

[http://commons.wikimedia.org/wiki/File:Cross\\_above\\_Cwm\\_Gwaun\\_-\\_geograph.org.uk\\_-\\_402556.jpg](http://commons.wikimedia.org/wiki/File:Cross_above_Cwm_Gwaun_-_geograph.org.uk_-_402556.jpg)

#### Alqueria de Rosales, Islamic retreat, Spain

<http://www.flickr.com/photos/riym/4862565694/sizes/l/in/photostream/>

#### Kuppaghat Ashram, India

[http://commons.wikimedia.org/wiki/File:Kuppaghat\\_Ashram.jpg](http://commons.wikimedia.org/wiki/File:Kuppaghat_Ashram.jpg)

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