

forest bathing

being with nature in ways that nurture our souls

guidelines:

embrace curiosity
let go of expectations
release outcomes

rhythm 1: welcome senses (see back) & 3 minutes lying on ground. 5 mins

rhythm 2: move slowly about... what are you noticing? 3 mins

focus strategies..
try only one sense or just two senses
try to memorize 5 things
try to memorize the space as a story
share in booklet/nature

group pause: time of sharing... I am noticing... 10 mins
(no verbal responses to each other, hold space together)

rhythm 3: creative response 35 mins
take what your noticing and create a response of what your experiencing
(ie. nature mandala, poem, story, picture, etc)

rhythm 4: express thank you & hug a Tree 5 mins

rhythm 5: hot tea & sharing ... I noticed... 20 mins

Fret Well

an honest approach:

be with what is,
name it,
what does it need/want,
how can it be nurtured?

what do we notice?

TOUCH

feel way body is in contact with ground
feel the ambient temperature and humidity, warmth of sun on
eyelids
move beyond awareness.. feel your heart beating

HEAR

full attention to sounds
what sounds are present?
Expand awareness... how many distinct sounds can you hear at
once.

SIGHT

open eyes
wiggle fingers to sides to find field of vision
take in entire landscape
how many elements can you see simultaneously

TASTE & SMELL

place nose close to ground and take a deep breath to
smell earth
taste anything you feel comfortable tasting