

NATURE INVITATION Sitting with a Tree

I'd love to invite you to find some time in your day to experience this exercise that focuses on exploring your connection with nature, and in particular your connection with a tree.

Preparation

Preparation is key for getting the most out of the experience and to ensure you do so safely - please check the information shared on the website www.letsstepin.com before you head outdoors to support you. It gives suggestions for what to wear, what to take with you, where to go and notes to consider for your safety.

Invitation

You can do this in your garden, in the park, in a field you're allowed to access or on a public footpath - where ever you can safely access nature, and a tree, is perfect.

Take your time finding the right tree, you want to sit with one that makes you feel welcome and good in its space. Stand with the tree, place your palm on its trunk, breath naturally and pay attention to how being with the tree makes you feel. If it doesn't feel 'right', if it doesn't give you a good feeling, move on and see how you feel at the next tree.

Once you've found your tree follow these simple steps and enjoy!

1. Find somewhere comfortable to sit close to the tree, under its canopy on your mat or chair, sit at its base leaning your back on it's truck, nuzzle in-between it's roots... wherever you can sit and be comfortable whilst ensuring you're not causing the tree any damage.
2. If you need to keep an eye on the time you can set a timer on your phone for 5, 10, 15 minutes or do the exercise for as long or as little as you like. Remember there's no right or wrong.
3. Relax into your position, adjusting it if you need to get more comfortable. Relaxing your body sink into the space and lower or close your eyes (whatever you're comfortable with).
4. Breathing naturally let your body soften some more, take your time and ask any muscles that haven't relaxed to kindly switch off for you.
5. You can place your hand on the tree or on the ground, imagine your energy reaching out and beyond your body, touching and connecting with the tree or it's roots in the earth beneath you. Becoming part of it's beautiful network web below you.
6. Simply breath naturally, relax and notice what you notice.

If you'd like to take it further, and depending on what feel right for you on the day...

 you might like to place your hand on its trunk and share something with the tree that you'd like its guidance or help with at this time. See what you notice afterwards, look out for the signs offered back in support.

Top tips

Take a hot thermos and enjoy a cuppa whilst sat with the tree!

Disclaimer

Full disclaimer on website. This information is used at the user's sole risk and responsibility.