**Solstice Serenity Forest Bathing – Self Led Practice**

This is the time of the year to honour the fullness of light, the peak of energy, and the spaciousness of the longest day. This is an invitation to slow down, absorb light, and reflect.

Remember to dress appropriately for the weather conditions. If cold, layer your clothing: Wear, insulating middle layers, and waterproof outerwear. Keep moving when needed: Whilst Forest Bathing is about stillness, move slowly and mindfully to prevent getting too cold while maintaining a relaxed pace. If warm, do take additional clothing as it can be cooler under the tree canopy and remember to stay rehydrated.

**Invitation 1: Gathering the Light - Presence and energy (Try for 30 min)**

On this longest day, the sun gives us its full presence. As you walk slowly through nature, notice where the light touches—leaves, bark, the earth, your skin. Let yourself be drawn to the light.

* Consider: How does it feel? What does this brightness stir in you? How do you receive energy from the world around you?

**Invitation 2: Edge of Shadow - Balance and reflection (15 min)**

The solstice is also a tipping point—the light begins its slow journey toward dark again. Walk or sit at the edge of shadow and light. Explore the spaces where both exist together. What do you notice? What transitions or thresholds are present in your own life right now?", Simply being curious.

* Consider: Where in your life are you holding both light and shadow? What are you beginning to release as the cycle turns?

**Invitation 3: Offering to the Light - Gratitude, letting go, and honouring the turning point (20 min)**

As this day reaches its height, we honour what has grown in us. Find something in nature that calls to you—a leaf, a stone, a stick—and create a small offering. This could be a gesture of thanks, a symbol of something you’re ready to honour or release, or a simple act of reverence for the light

* Consider: What have you let go of during your time in nature? What part of nature did you connect most with during this time?

**Closing Gratitude and Reflection (10 minutes)**

End by reflecting on what did you discover about immersing your senses in nature, both outside in nature, and within yourself? Maybe bring a journal and write these thoughts down. Then, offer a moment of silent gratitude to nature and what it has shared with you today.