**Buds of Renewal Forest Bathing – Self Led Practice**

As winter gives way to spring, nature awakens with quiet determination. Today, we explore this renewal in ourselves and in nature all around us.

Remember to dress appropriately for the weather conditions. If cold, layer your clothing: Wear, insulating middle layers, and waterproof outerwear. Gloves, hats, and scarves are essential to keep you warm. Keep moving when needed: Whilst Forest Bathing is about stillness, take short walks to keep warm. Move slowly and mindfully to prevent getting too cold while maintaining a relaxed pace.

**Sensory Awakening (10 minutes):**

Take a slow, mindful walk into nature to engage the senses. With the intention of connecting to nature. Pause at intervals to:

* Close your eyes and feel the crisp air on your skin.
* Listen to natural sounds (rustling leaves, distant birds, or water).
* Observe the signs of nature emerging from its winter sleep.
* Take a deep breath and notice any scents in the air

**The Sight of Renewal: Observing Buds & New Growth (15 minutes)**

Take a slow mindful walk, and look for signs of renewal—tiny buds, emerging leaves, or early blooms.

**Activity: “The Artist’s Gaze”**

* Choose a single bud, young leaf, or flower and study it as if seeing it for the first time.
* Notice colours, patterns, textures, and how the light interacts with it.
* Reflect on what this new growth represents in your own life.

**The Scent of Change: Nature’s Fragrances (15 minutes)**

Find a quiet spot and explore the natural scents of your surroundings.

**Activity: “Scent Mapping”**

* Gently rub leaves, tree bark, or fresh earth between fingers and inhale deeply.
* Compare different scents—woody, floral, herbal, or earthy.
* Reflect: *“What emotions or memories do these scents awaken in you?”*

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

End by reflecting on what did you discover about renewal in nature and within yourself? What small bud of change is emerging in your life? Then offer a moment of silent gratitude to nature and what it has shared with you today.