**Awaken the Senses Forest Bathing – Self Led Practice**

As nature continues to burst into life all around us, we explore how to have an immersive experience in nature, enhancing your senses, as you walk around the woodlands, gardens and open green space around your home or work.

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: Scent bathing (Try for 10 min)**

Whilst walking take a moment to slow down and wander around a small area in silence, noticing and engaging only with your sense of smell. Every so often take a moment to pause, and get close to tree bark, leaves, flowers, moss, or soil. Use your hands to gently fan scents toward the nose without picking anything. Simply notice the smells around you. Move to another area if you are not picking up any scents.

* Consider: “What memories or feelings arise from different smells? Are there any surprising or subtle scents? How does the smell change in sun vs. shade, dry vs. damp?

**Invitation 2: Seeing things differently (15 min)**

Explore the environment with "soft eyes" and curious hands. Simply wander in nature and choose an object (stone, leaf, bark) and explore it only with touch with your eyes closed. Then after a while open your eyes and take time to study the object you hold, simply being curious.

* Consider: What patterns, colours, or textures catch your eye? What does this object feel like in your hand—temperature, texture, weight? What do you notice when you shift from touch to sight?

**Invitation 3: Sit spot sound bathing (15 min)**

Whilst walking in nature, find a place that resonates with you. Sit in silence, tuning into layers of sound. Close your eyes and start to listen to the closest sounds to you, and then move outward, further and further away, listening to birdsong, leaves rustling, distant noises. Cup your ears or use a hand as a sound funnel to intensify quiet sounds.

* Consider: Which sounds are natural vs. human-made? What’s the sound you can hear that gives you the greatest pleasure? How do sounds change when you close your eyes?

**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.