**Whispers of Winter Forest Bathing – Self Led Practice**

Embracing the stillness, clarity, and beauty of winter through mindful immersion in nature to foster peace, rejuvenation, and a sense of connection with the winter landscape.

Remember to dress warmly and comfortably. 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 (15 minutes):**

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

* Feel the crisp air on your skin.
* Listen to winter sounds (rustling leaves, distant birds, or silence).
* Observe the muted colours and textures of the winter landscape.
* Smell the earthy, fresh scent of the forest.

Guidance: “Notice how winter invites stillness. What whispers of nature catch your attention?”

**Stillness and Reflection (20 minutes):**

Find a personal spot in nature to sit or stand. Practice deep breathing to sync with the calm surroundings. Reflect on a question: “What clarity does winter bring to my life?”

Optional Tools: Journals and pen/pencil for note-taking or sketching.

Guidance: “Let the quiet of winter help clear your mind and open your heart.”

**Winter-Themed Movement (15 minutes)**

Lead gentle, grounding movements inspired by the season:

* Stretch like bare branches reaching to the sky.
* Sway like tall grasses in a gentle winter breeze.
* Integrate pauses to focus on the breath and surroundings.

Guidance: “Move with the elegance and simplicity of winter, allowing the body to feel light and free.”

**Closing Gratitude Ritual (10 minutes)**

End with a moment of gratitude for nature, winter, and the shared experience. Option to give a small token (e.g., pinecones, snowflakes, or symbolic winter items).

Guidance: “Thank nature for its whispers and carry the stillness of winter with you.”