**Blossoms of Balance Forest Bathing – Self Led Practice**

As spring has fully arrived, and all around us nature is abundant with blossoms, buds and new leaves. We explore - what does balance mean to you in this season of growth?

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: Seeing the Balance of Blossoms (15 min)**

* Walk slowly in silence, noticing the balance in nature—light and shadow, movement and stillness, new blooms and fallen petals.
* Find a blossom or budding plant that speaks to you and take time to be with its beauty and balance.
* Simply notice the texture, the patterns, the colours.
* Self-reflection: “How does this blossom’s journey mirror your own?”

**Invitation 2: Listening to the Song of Spring (15 min)**

* Walk until you find a sit spot that resonates with you.
* Sit, or stand, and close your eyes.
* Listen deeply to the birdsong, rustling leaves, buzzing insects, distant water.
* Attune to nature’s sounds and find balance in external and internal noise.
* Ask yourself: “Where do you find harmony in this soundscape?”
* Gradually, listen to your own inner sounds—breath, heartbeat, and imagine them in symphony with the sounds of nature.
* Self-reflection: “What sounds bring you balance?”

**Invitation 3: Breathing in the Scent of Renewal (15 min)**

* Walk slowly and notice different scents in the air—blossoms, damp earth, pine, fresh leaves, or even the breeze itself.
* Pause near flowers, crushed leaves, tree bark, or the woodland floor, breathing in deeply.
* Engaging the sense of smell to explore balance through nature’s fragrances.
* Ask yourself: “What scents feel grounding?” “What scents feel uplifting?” “Where do you find balance between the two?”
* Self-reflection: “What scent represents your own blossoming growth?”

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

End by reflecting on what did you discover about the blossoms and balance in nature and within yourself? What within you in blossoming? Then offer a moment of silent gratitude to nature and what it has shared with you today.