Week Two: Possibility
Strolls at Home | From Our Backyard to Yours

CONNECT WITH THE HEALING POWER OF NATURE
During these unusual times, self-care through exercise, mindfulness and connecting with nature is especially important. This is a simple mindfulness practice that you can do during a walk in your neighborhood, your yard, or even simply looking out a window at a favorite tree.

During your practice, pause occasionally and take a moment to find a comfortable place to sit or stand. Take a few deep breaths and allow yourself to reflect upon this week’s theme of possibility. You might journal or sketch if you like.

Hope is the magic carpet that transports us from the present moment into the realm of infinite possibilities.
- H. Jackson Brown

WHILE ON YOUR STROLL
Remember that awareness comes through your physical senses (touch, taste, smell, sight, hearing), internal senses (what’s happening within your body), intuitive senses and emotional senses.

1. SEE
if you can notice some of the things around you that are in motion.

2. WHAT THINGS
are moving near you? What is moving in the distance?

3. CAN YOU FEEL
a movement or possibility in yourself? How might you move or change today?

This activity is based on the Strolls for Well-Being — a free community program offered by Bloedel Reserve to promote overall well-being through connection with nature. For more information, visit bloedelreserve.org.

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