

# Week Five: Journey

Strolls at Home | From Our Backyard to Yours



“How we spend our days is of course how we spend our lives.” – Annie Dillard

## 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 journey. You might journal or sketch if you like.

## 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

### WHILE WALKING

slow way down. Feel the connection of your feet to the earth. If you are sitting, feel how you are supported by your chair, the floor, and the earth beneath.

2

### WHILE WALKING

place your feet gently and carefully with each step. If sitting, imagine you are an animal concealed in a bush, hunting.

3

### TUNE INTO

your inner senses and feel if you are drawn toward a particular direction or object. Follow your inner compass.

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](http://bloedelreserve.org).

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