



Healthy Lifestyle.
Healthy Community.



Effective
Stress Management
& Emotional Balance



Clean Food & Nutrition



Exercise, Movement
& Quality Sleep



Helping Self,
Helping Others

BENEFITS OF GREEN SPACE

Connecting with nature slows down the mind, reduces stress and suppresses the inflammation that is linked heart to disease, stroke, diabetes, arthritis and premature aging.

WALKING IN NATURE

Spend time each day in nature, walking, running or simply lying on the ground observing the natural world around you.

Reconnect your physiology with nature, helping to clear our modern-day clutter and distractions.

The movement of walking helps to process and release thoughts and emotions.

Make it a priority to spend at least 10-20 minutes in nature at least TWICE each week.

MINDFULNESS IN NATURE: SENSE OF SIGHT

Take five deep breaths with your eyes gently closed.

Slowly open your eyes. What do you see?

Spend a few moments here, just observing nature. What grabs your attention? Holds your awareness?

How does it feel in your the body to simply observe nature? How does it feel in your mind?

MINDFULNESS IN NATURE: SENSE OF HEARING

Take five deep breaths with your eyes gently closed.

Pause. Focus your awareness on your sense of hearing. What do you hear?

Spend a few moments here, just listening to nature. What grabs your attention? Holds your awareness?

How does it feel in your body to simply hear the sounds of nature? How does it feel in your mind?.

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MINDFULNESS IN NATURE: SENSE OF TOUCH

Take five deep breaths with your eyes gently closed.

Slowly open your eyes. Focus your awareness on your sense of touch. What do you feel? With your fingers? Is there a breeze on your face or arms?

Take off your shoes. Walk around a bit. What do you notice?

Spend a few moments here, just feeling the textures of nature. What grabs your attention? Holds your awareness?

How does it feel in your body to simply feel the sensations of the natural objects around you? How does it feel in your mind?

Letting Go In Nature

While walking in nature, imagine that you are sweeping away all that no longer serves you - the emotions, feelings, frustrations or worries.

While you brush the beach sand off your toes at the end of the walk, imagine you are brushing away any lingering thoughts or feelings that weigh you down.

Take time each day to intentionally brush away ideas and thoughts that are not helpful. Take a deep breath and lean into thoughts of gratitude.

Look deep into nature, and then you will understand everything better. - Albert Einstein

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