

Mindfulness in the Natural World

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OpenSpace Mindfulness
for
NAEOP / TRIO
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”In some native languages the word for plants translates to ‘those who take care of us.’”

- Robin Wall-Kimmerer

Overview

- Offer an understanding of mindfulness.
- Unpack nature meditation and key benefits
- **Explore nature-based contemplative tools and practices.**

Engaging a Mindfulness Approach

What is Mindfulness?

Mindfulness is bringing caring, contactful and present moment awareness, to inner and outer sensory experience, in order to respond to life with wisdom.

“Oh my heart.
You don't have to go it alone.

Train yourself
to train
just
a little
more gently.”

- Jenta

What is Nature Meditation?

Nature contemplation is a way of turning towards our inherent and natural belonging in the world. With mother nature as guide and mentor, we attune to the wisdom, perspective and beauty of our inner and outer landscapes. Contemplating nature helps us to be supported by this ever-present source of guidance.

Benefits of Nature Meditation

- Offers our thinking minds “something to do”
- Lowers stress, boosts immunity
- Role models impermanence and the beauty of differences and “imperfections”
- Holds generous space for emotions
- Fosters connection and sense of belonging
- We protect what we love

”If we surrendered to earth’s
intelligence we could rise up, rooted
like trees.”

- Rainer Maria Rilke

Practices

- Sensory Awareness
- Elemental Nature
- Present Joy

In Appreciation

YOGA NIDRA (guided relaxation)
Complimentary class with “TRIOGUEST” coupon

LET’S REST
Receive \$20 off with “TRIO20” coupon

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