

A stylized tree graphic with a yellow trunk and branches, and green foliage. The foliage consists of various shapes, some with blue outlines, set against a light blue background. The text 'nature bath' is overlaid on the tree.

# nature bath

# Are you diving into nature yet?

## Immerse yourself in nature

Take a time-out in nature on a regular basis. Take a walk along the lake/river or enjoy a walk in the forest. Soak up the nature around you with all of your senses:

- Let your gaze wander. Observe your surroundings (sky, lake, river, flowers, trees, mountains).
- Smell the essences in the air. Sniff a flower once again.
- Use your hands to touch and feel things in nature. Close your eyes while doing so.

- Listen to the sounds of nature. What do you hear?
- Walk a few steps barefoot, e.g. over a meadow, stones or moss.
- Consciously breathe in the fresh air.

## Grounding

Place both feet on the floor and close your eyes. Imagine that there is a valve on the sole of your left and right foot. Inhalation: the power of the earth flows up into your body through your left valve and fills it. Exhalation: All of your burdens flow through your right valve out of your body and out into the Earth.