

# 15 Days of Nature Mindfulness Series

**March 6 – 20, 2021**

We hope you that this series helps you connect mindfully with nature over the next 15 days!

Please share your photos via email to [promotions@chta.ca](mailto:promotions@chta.ca) or tag us on Instagram and use #chta2021



## 15 Days of Nature Mindfulness Series Day 1: Exercise Outdoors

*Take your exercise outdoors. A typical Canadian winter is cold, but there are still many activities like skiing, skating, snowshoeing, hiking, cycling, and even going for a simple walk, that can provide the motivation to get us outdoors. While outdoors, pause to appreciate the natural beauty around you.*

Photo and text by Cliff Thorbes, HTR @keeping.nature.in.mind



## 15 Days of Nature Mindfulness Series Day 2: Indoor Plant Care

*Plants outside may be dormant and require less care than during other seasons, but indoor plants still require our attention. Next time you water your indoor plants, connect with them by gently washing their leaves.*

Photo and text by Cliff Thorbes, HTR @keeping.nature.in.mind



## 15 Days of Nature Mindfulness Series Day 3: Mindful Eating

*Our fruits and vegetables come from Mother Earth. The next time you're preparing something with them, pause to consider their journey to you. And when you consume them, notice the subtle flavours that make each one distinct from other fruits and vegetables.*

Photo and text by Cliff Thorbes, HTR @keeping.nature.in.mind



## 15 Days of Nature Mindfulness Series Day 4: Connect with a Tree

*Trees are magnificent beings. A tree can live to over a thousand years old if it's lucky. All that time, it lives in the same place. Trees are metaphors for resilience; the ability to adapt, overcome, and survive. Find a tree that calls out to you, and connect with it, whatever way feels right to you.*

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### Day 5: Notice a View

*Pick a view of Nature that captivates your attention. Look closely, and inspect it like it's the last time you'll ever see it again. Notice the details like shapes, colors, textures, and movement. Consider what is it about this particular view that grabs your attention. Then express gratitude to Mother Earth for sharing it with you.*

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### Day 6: Exercise your Senses

*Find a natural setting and complete a 54321 sensory awareness grounding. Look for five things you can see, four things you can touch or are being touched by, three things you can hear, two things you can smell, and one thing you can taste. Make sure what you taste is safe before tasting it!*

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### Day 7: Mindfulness of Breath

*Find a quiet spot outdoors (or indoors with a view of Nature), and tune into your breath. Pause to notice a breath cycle or two. Notice your inbreath and an outbreath. Notice the natural rhythms of your body in tune with the natural rhythms of Nature around you.*

Photo and text by Cliff Thorbes, HTR @keeping.nature.in.mind



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### Day 8: Wind Moment

*The wind is a metaphor for change is afoot. Listen for it moving through trees, watch it move across bodies of water, and feel it upon the surface of your skin. See if you can identify what direction its blowing.*

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### Day 9: Stretch your Body

*Stretch your body. Try opening your palms to the sky and holding your arms out in various positions, like branches and leaves; open and receptive to whatever comes to you.*

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### Day 10: Transitions in Nature

*Transitions in Nature are occurring around us all the time. Notice subtle transitions from one season to another like the first signs of a daffodil bulb waking from a winter's sleep.*

Photo and text by Cliff Thorbes, HTR @keeping.nature.in.mind



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### Day 11: Fresh Snow

*Pick up a handful of fresh snow. Feel its chill against the naked skin of your palm. Look closely and you may even notice individual flakes begin to melt before your eyes.*

Photo and text by Cliff Thorbes, HTR @keeping.nature.in.mind



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### Day 12: Inspect a Flower Up Close

*Plants are extraordinary in their detail. Inspect the flower of a plant up close. Get your nose close enough, and you may even notice some exude a pleasant, spicy fragrance as well.*

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### Day 13: Resilience in Nature

*Examples of resilience in Nature are all around us, like the tree growing out of a crevice in rock. Reflect upon its ability to adapt to the environment around it, and use the teaching to build your own resilience.*

Photo and text by Cliff Thorbes, HTR @keeping.nature.in.mind



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### Day 14: Take the Challenging Trail

*From time to time, seek out adventure in Nature. Take the challenging trail, where you need to maintain moment to moment awareness of where your feet are, and what's beneath them.*

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### Day 15: Buds Swelling

*Notice flower buds swelling. A new season of flowers are bursting to spring forth. It's a show you won't want to miss, so pay attention to the moment.*

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