

FLOURISHING IN THE GARDEN



GARDENING WITH MINDFULNESS, MOVEMENT, NUTRITION, AND CONNECTION

GROUNDING

Take time to slow down and walk through your garden space. Encourage yourself to feel connection to the Earth.



NUTRITION



Incorporate 2 servings of fruit and 3 servings of vegetables per day to support health. The garden is a reminder of how the Earth supports us.

MAKE TIME FOR OBSERVATION

Without judgement, make time to notice the surrounding garden and all it has to offer. Look for any changes or new growth. Observe your own breath and bring awareness to how your body feels.



MINDFULNESS

Focus on the present moment and be curious. Try exploring curiosity through a body scan: find a comfortable seated position. Notice the breath and how it moves through the body. Start at the feet noticing any sensations. Move up through the legs, hips, belly, shoulders, arms, neck, and head. Notice the space of your body and soak in the awareness.



Cat/Cow



Seated Twist



Deep Squat/Goddess

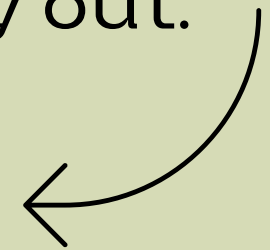
MOVEMENT

Yoga postures (asanas) improve:

- Strength
- Flexibility
- Balance

These movements stimulate the mind, body, and soul. Practicing yoga in the garden can connect us to the Earth.

A few asanas to try out:



BREATHWORK

It only takes 6-10 breaths per minute to lower the heart rate and increase time between each breath. This supports a resilient nervous system. Try incorporating equal breaths by inhaling and exhaling for the same amount of time for several breaths.

WHAT DO PLANTS NEED?

Everything we need:

- Water and sunlight
- Air and space
- Nutrients and soil



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