

EXPERIENCE THE MAGIC OF FOREST BATHING

A 15 MINUTE RESET

The Threshold

- 1 Leave your notifications behind. Stand at the edge of the trees and take three slow, deep breaths. Acknowledge that you are entering a living space.
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Sensory Invitations

- 2
 - **Hearing:** Close your eyes. Listen for the furthest sound you can hear, then the closest.
 - **Touching:** Find one thing that is rough (bark), one thing that is soft (moss), and one thing that is cool (a stone).
 - **Feeling:** Stand still for one minute. What is moving around you that you didn't notice before?
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Quiet Sit Spot

- 3 Find a place that feels "right" and sit for 5–10 minutes. Observe nature as if you are part of it, not just a visitor. When you are finished, exit the space and as you cross the threshold to re-enter the world, thank the living space for sharing its beauty with you.
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