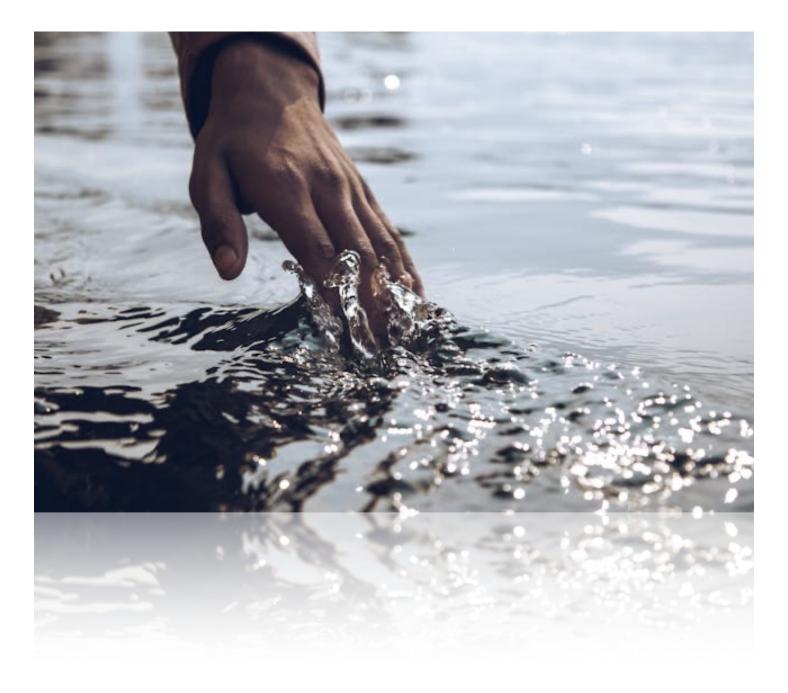
A Simple Sensory Retreat: Engaging the Five Senses and Breath



Preparation

- 1. Find a quiet, comfortable space where you won't be disturbed.
- 2. Sit or lie down in a relaxed position.
- 3. Close your eyes and take a few deep breaths.



Sense of Touch

- 1. Focus on the sensation of your body in contact with the surface beneath you.
- 2. Notice the texture and temperature of your clothing against your skin.
- 3. Gently run your fingertips over your palms, noticing the sensation.
- 4. Take three deep breaths, focusing on the feeling of the air moving in and out of your lungs.



Sense of Hearing

- 1. Bring your attention to the sounds around you, both near and far.
- 2. Notice any ambient noise, such as the hum of appliances or the sound of nature outside.
- 3. Listen to the sound of your own breath, observing its rhythm and depth. Take three deep breaths, focusing on the sound of your breath



Sense of Smell

- 1. Gently inhale through your nose, noticing any scents in the air.
- 2. If you have a pleasant scent nearby, such as a flower or essential oil, bring it close to your nose and inhale deeply.
- 3. Notice how the scent makes you feel and any memories or emotions it evokes.
- 4. Take three deep breaths, focusing on the scent and its effects on your mind and body.



Sense of Sight

- 1. Slowly open your eyes and observe your surroundings without judgment.
- 2. Notice the colors, shapes, and textures of the objects around you.
- 3. Observe any play of light and shadow in the room.
- 4. Take three deep breaths, focusing on the visual details you've noticed.



Sense of Taste

- 1. Bring your attention to your mouth and tongue.
- 2. Notice any lingering tastes or sensations in your mouth.
- 3. If you have a small piece of food or a drink nearby, take a mindful sip or bite, focusing on the flavors and textures.
- 4. Take three deep breaths, savoring the taste experience.



And Now

- 1. Close your eyes once more and take a few deep breaths.
- 2. Notice how you feel after engaging all five senses and focusing on your breath.
- 3. Gently open your eyes when you feel ready, and carry this sense of presence and awareness with you throughout your day.

Discover Your Path to Vibrant Well-Being



Embark on a transformative journey to elevate your health and wellness. Schedule a complimentary discovery call and uncover personalized strategies to nourish your body, mind, and spirit.

Together, we'll explore how you can begin to cultivate a more vibrant, balanced life.

Take the first step towards a healthier, more radiant you. Your well-being awaits.

I hope you've enjoyed your sensory retreat. I look forward to hearing from you soon.

Schedule Your Discovery Call or send an email.

