

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](#).