

3-DAY FOREST BATHING JOURNEY

A Simple Guide to Reconnect with Nature & Self

by T. LaDonna | Sacral Soulmatic Support

Materials Needed:

- Comfortable shoes (or go barefoot on soft grass if safe)
- Water bottle
- Notebook or journal + pen (eco-friendly if possible)
- Small cloth or mat for sitting on the ground
- Herbal tea or fruit (for Day 2's sensory experience)
- A natural offering for Day 3 (water, flower, breath, song)
- Layered clothing for comfort in different weather

Once you've found your spot, begin with three cleansing breaths: Inhale deeply through your nose... hold for a moment... then exhale slowly through your mouth. Let each breath bring you deeper into the present.

Whenever possible, return to the same natural area each day. This builds a sense of familiarity and relationship with the space.

*Put away your phone or watch.
Don't worry about time. Allow your body and spirit to guide you — you'll know when the practice feels complete.*

DAY ONE: PRESENCE

THEME: ARRIVE + SLOW DOWN

VISIT A LOCAL GREEN SPACE (PARK, TREE-LINED BLOCK, BACKYARD).

TURN OFF NOTIFICATIONS; WALK SLOWLY AND GENTLY.

LET YOUR BREATH FIND ITS RHYTHM.

NOTICE: COLORS, SHAPES, MOVEMENT, AND STILLNESS.

REFLECTION PROMPT:

WHAT DOES IT FEEL LIKE TO SIMPLY BE HERE, WITHOUT RUSHING OR PERFORMING?

DAY TWO: SENSORY AWAKENING

THEME: FEEL + NOTICE

RETURN TO YOUR SPACE.

ENGAGE ONE SENSE AT A TIME — SIGHT, SOUND, SMELL, TOUCH, AND TASTE.

TOUCH BARK, LISTEN TO LEAVES, SMELL THE AIR, SIP HERBAL TEA OUTSIDE.

REFLECTION PROMPT:

WHICH OF MY SENSES FELT MOST ALIVE TODAY?

DAY THREE: GRATITUDE & RECIPROCITY

THEME: OFFERING SOMETHING BACK

THEME: GIVE BACK TO NATURE

REVISIT A SPOT THAT FELT PEACEFUL.

OFFER THANKS — A QUIET BREATH, A WHISPERED WORD, OR WATER FOR A TREE.

HUG A TREE, SIT IN SILENCE, OR PRESS A FOUND LEAF INTO YOUR JOURNAL.

REFLECTION PROMPT:

WHAT PART OF ME FEELS MORE CONNECTED AFTER THESE THREE DAYS?

Remember:

*This practice is yours ; take what resonates.
You are not separate from nature; you are part of it.*

Learn more or join a guided walk:

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