

THE ATC OF MINDFULNESS

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Immersing ourselves in nature can have a powerful calming effect and is highly recommended in mindfulness practices.

A stroll in the park, a ramble in the woods, a hike in the mountains. Whatever you can manage counts. Just take the time to be present in the moment and appreciate what is around you.

Over the last couple of years, fresh air and the outdoors have become treasures to us all. Take time to appreciate them.



