

Sensing Nature



A peaceful hour of sense exploration.

When:

Mon 11th Jan: 6:30pm – 7:45pm

Tues 12th Jan: 6:30pm – 7:45pm

Wed 13th Jan: 6:30pm – 7:45pm

Thurs 14th Jan: 6:30pm – 7:45pm

Where: Meet in front of Bellinghen Library.

You're invited to take a break from technology, don your best walking shoes and step into the natural world.

We will start by dropping into our senses through a ten-minute Object Writing exercise. This creative exercise, originally devised by Pat Paterson to aid in lyric writing, invites participants to hone into their sensorial experience in relation to a given prompt.

As a group we will then take our new sensorial curiosity on a silent walk in nature. Feeling into our bodies and environment.

By giving ourselves space and time to get curious about our sensations we will be cultivating presence, deepening our connection with nature, and re-filling our creative wells.

We will then repeat the exercise and close with an opportunity to reflect upon and share our experiences with the group.

Participants will need:

- Sturdy walking shoes
- Note pad and 2 x pencils/pens
- Drinking water
- To turn off their mobile phone

Cost: This is a Donation Based experience – with participants invited to make a contribution as the feel.

Who: Everybody is welcome!

As this outdoor event can easily adhere to social distance protocol there is no cap on numbers.

RSVP:

Please text Lucy Buckley on 0466042614:

“Sensing Nature, (your name), (the day you will attend)”

Walk ins also welcome.