

Well-being Walk at HortPark

Explore six unique areas in HortPark, each designed to engage your senses and deepen your connection with nature. Take your time to move through each space, allowing yourself to fully immerse in the sights, sounds, and textures around and rediscover the wonders of nature.

Tips for Your Walk

- **Take your time** – savour each sensation
- **Stay curious** – every plant feels unique
- **Touch gently** – respect our living plants



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Station A – Anchoring at Exhibition Gallery

- Find a clear view of your surroundings and choose a focal point – perhaps a tree, a building, or a natural feature.
- Slow your breathing and observe the rhythm of each inhalation and exhalation.
- As thoughts arise, gently acknowledge, breathe, and return your attention to your visual anchor.
- Gradually expand your awareness to include the space around, noticing how it relates to its surroundings.
- Pay attention to changes in light, movement, or your perception as you continue to observe.
- Finally, take a deep breath, taking in the entire view once more.



Station B – Grounding at Silver Garden

- Remove footwear and socks and walk barefoot on the grass.
- Close your eyes while standing still and focus on the sensations without judgement.
- Pause to feel the grass beneath your feet.
- Observe the various shades of green.



Station C – Discoveries at Scented Garden

- Gently feel the tree bark.
- Carefully touch flower petals.
- Gently touch different leaf textures.



Station D – Mindfulness at Rock Garden

- Enter the rock garden quietly and find a comfortable spot to sit or stand.
- Close your eyes and take a few deep breaths.
- Feel your feet on the ground.
- Notice sounds in the environment.
- Open your eyes slowly and look around the rock garden without focusing on anything specific.
- Gradually let your gaze settle on a particular rock or area.
- Focus on your breathing while being aware of the rock's presence.
- Slowly bring your attention back to your surroundings, and take a few deep breaths before concluding the practice.



Station E – Sketching at Therapeutic Garden

- Select a plant, flower, or leaf to sketch. Consider starting with simpler shapes.
- Take time to study your subject's overall shape and details. Notice unique features and patterns. Gently touch the plant and notice its texture. Smell it if it has a scent. Listen to any sounds around it (e.g., rustling leaves).
- Set an intention for your sketching session. It might be to capture the plant's essence, to practice patience, or to deepen your connection with nature.
- Begin sketching slowly and deliberately. Focus on the process rather than the outcome. If your mind wanders, gently bring it back to the plant and your drawing.



Station F – Contemplative Moment at Event Lawn

- Find a comfortable spot beneath the trees and settle down.

- Look up to observe the tree canopy and how sunlight filters through the leaves and across the ground.
- Feel the ground beneath you, and notice the breeze on your skin, the cool embrace of shade, as well as the movement of leaves.
- Close your eyes and listen to the sounds of nature – the rustling leaves, birdsong, and wind.
- Reflect on how these trees have witnessed countless seasons, standing strong through sun and rain. Like them, you too can find moments of peace amidst life's constant motion.
- Take three deep breaths and thank yourself for taking this time today to walk, observe, and simply be. Slowly open your eyes to take in the entire view once more before moving on.



HortPark
the gardening hub