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Time with nature is always time well spent.

Welcome to week 3 of our #NaturePact. We hope you enjoyed last week's theme, Taking Your Nature Dose. This week's theme is a beautiful way to take your Nature Dose, it's **Forest Bathing (Shinrin-Yoku) and Rock Basking**.

This week we encourage you to find a forest or group of trees if you can. If you don't have a forest in easy reach, find a tree in your area that really catches your attention. Now to forest bathe! How?!

Here's a simple guide from our friends at the [International Nature and Forest Therapy Alliance](#):

Step 1: Find a quiet place in nature

Step 2: Walk slowly, stopping frequently

Step 3: Absorb all that is surrounding you

Step 4: Choose a comfortable spot to sit down

Step 5: Focus on what you are feeling grateful for in that current moment

Next, find the largest rock in your area. If you can, especially if the sun's out, lay on it and try basking like a lizard! As you touch this rock, notice how it feels. Think about where it's come from, how deep in the earth it was formed, how old it might be? Contemplate how many generations of people, plants and animals this rock has seen come and go. When we touch rocks we are

touching ancient history.

Did you feel a greater connection with the tree or the rock? Did it change over time?



Share a photo of whichever moved you the most – the tree or the rock – **before September 21** on [Instagram](#), [Facebook](#) or [LinkedIn](#), using the hashtag **#NaturePact** and tag **@peopleparks** for your chance to win one of our nature-based prizes.

Our **#NaturePact** campaign for 2021 is well underway, but there's still time to sign up! You can make your **#NaturePact** at any time during the month of September and schedule precious time outside connecting with nature.

WIN!

Here are some of the fantastic nature-themed prizes you can win:

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Download #NaturePact Guides

Already signed up for your #NaturePact? Download your #NaturePact Instagram tiles and stories and let others know you're participating on your social channels. Make sure you tag @peopleparks and use the #NaturePact hashtag!



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Love nature? Check out our partner project – [the **BACK TO NATURE** documentary series](#), screening nationally 8pm Tuesday evenings on the ABC this August and September (catch up on iView). This is a visually stunning 8-part series executive produced by Aaron Pederson and co-hosted by Aaron and Holly Ringland. Holly and Aaron invite us to slow down and follow them on their journey through Australian nature, exploring the interconnectedness between humans and the landscape, exploring unfamiliar stories involving mystery, geology, history, traditional Indigenous knowledge and natural science.

We've been inspired by the series for this year's weekly **#NaturePact** themes. This week's theme of **Forest Bathing and Rock Basking** links to the 'connect and share' for Back to Nature's sixth Episode – Rainforest and Rock. Watch this beautiful episode and let it inspire you to engage in therapeutic Forest Bathing and Rock Basking.

Stay up to date and receive regular prompts as well as interesting facts and articles about the many benefits of connecting with nature by following us on social media.

Remember, each one of us is a part of nature, and ***we all belong***, as much as the trees and the rocks, as part of nature.

Kind regards
Alison Hill
Managing Director
The People and Parks Foundation

"Nature – where we come to life!"

Have you made your
#NaturePact?

info@peopleandparks.org



We respectfully acknowledge the Traditional Owners of the country throughout Australia and acknowledge the ongoing living culture of Aboriginal people.

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