



BAREFOOT WELLBEING  
yoga · nature connection · rewilding

## Developing a Sit Spot practice

1. Find a place in your garden, local park, balcony or even sitting by a window that you feel naturally drawn to and can access easily.
2. Sit down (or stand or wander very very slowly) and immerse yourself in the sounds, sights, smells and textures of the natural world that you find around you.
3. There is no need to “do” anything, so let go of any notion of having to achieve any outcome.
4. Spend 5-20 minutes in this place, simply being.
5. You can enhance your sit spot experience by using your
  - **Owl Eyes** – use your peripheral or wide-angle vision to take in a broader scene and notice subtle movements.
  - **Kangaroo Ears** – imagine your ears grew as big as a kangaroo’s and listen to sounds far off in the distance in every direction as well as the sounds close by and the sounds you make.
  - **Dingo Nose** – focus intensely on your sense of smell and see if you can pick up subtle scents like blossoms and nectar that might lead you to honeyeaters!
  - **Fox Walk** – walking quietly, softly and slowly increases your chances of having close encounters with other animals. Walk like a prowling fox or like your feet were kissing the earth.
  - **Body Radar** – let go of thinking and tune into how your body feels, what it wants to do and where it wants to be. Listening deeply to your body supports rest and healing.
6. You may wish to reflect on your sit spot practice in a journal, with a friend or develop a special Nature Journal specifically for drawing pictures, writing thoughts or sticking in feathers or leaves that you find whilst out in nature. Creating art or telling the story of your sit spot to people or a journal can be a surprisingly powerful practice.
7. If you visit your sit spot regularly enough, you might be surprised by how much teeming life is there that you previously overlooked. You might develop relationships with a family of birds or one regular visitor and engage with them more deeply than you ever thought possible.

If you’re interested in further reading, I recommend: *The Nature Fix* by Florence Williams, *My Year Without Matches*, Claire Dunn

