

Coming Home to Our Senses *Mindful nature connection for wellbeing*

NATURE CONNECTION MEANS slowing down and using all of our senses to notice the living world around us – trees, birds, water, rocks and the changing seasons – and our own place within it. When we bring mindfulness into nature, we give ourselves time and space to rest, reflect and restore our wellbeing.

Our COMING HOME TO OUR SENSES PROGRAM runs over 4 Saturdays (10am – 2pm) in the beautiful grounds of the Tasmanian Arboretum. Each week follows a theme – Gratitude, Experiencing the Sensory World, Seeing with New Eyes, and Going Forth – and includes mindful sensory walks, quiet solo "Sit Spot" time, gentle mindfulness practices, stories of the deep history of this place, creative reflection and lunch together. The program is facilitated by Dr Tracy Spencer (psychologist and mindfulness teacher) and Pat Fleming (ecology educator and experienced facilitator of The Work That Reconnects).

THIS PROGRAM IS AVAILABLE for all adults who would like to reduce stress, feel more connected, and spend restorative time in nature. No previous experience of mindfulness or knowledge of plants and wildlife is needed. Participants in our 2025 pilot told us they felt more aware, grateful and resilient, found the group safe and welcoming, and many have since made regular time in nature part of their lives. This is a face to face program held in Tasmania, and sessions involve walking on uneven paths and time outdoors in most weather.



The program is NOT suitable for people who are in a life crisis, who are unsafe at home, who are experiencing serious mental health problems, or who can't be in a group setting. If this is you, talk to your GP about 1:1 support until you are in a position to attend a group.

This is NOT group therapy where you "tell your story" and go over your history. The program is experiential and educational – we practise skills together, outdoors, in the present moment.

Mindfulness
PROGRAMS AUSTRALASIA

APPLICATIONS ARE ESSENTIAL as places are limited. Apply online through our website or by phone. If a program is full or not currently scheduled, select the 'waitlist' option and we'll contact you when a place is available.

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Coming Home to Our Senses is FREE for participants, thanks to funding from an Australia Post Community Grant. Delivered by Mindfulness Programs Australasia in partnership with the Tasmanian Arboretum. MPA is Tasmanian based, and our community has grown in Tasmania over the last decade. We are now building across Australia, with courses open to all adult Australians through online and hybrid courses delivered via Zoom.