

A stylized landscape illustration with a light blue background. On the left and right sides, there are dark green trees with brown trunks and large, rounded green foliage. Several white, fluffy clouds are scattered across the sky. The text is centered in the middle of the image.

DISCOVER NATURE THERAPY

in your every day life.



FROM THE HAPPYLANDS

WWW.THEHAPPYLANDS.CO.UK



AWAKEN YOUR SENSES

I GET IT. OUR BUSY, MODERN LIVES MEANS WE FIND IT DIFFICULT TO TAKE TIME OUT, TO SLOW DOWN, AND TO CONNECT WITH NATURE. THIS SIMPLE EXERCISE IS DESIGNED TO AWAKEN YOUR SENSES AND HELP YOU TO RE-CONNECT TO NATURE AND ULTIMATELY, YOURSELF.

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AWAKEN YOUR SENSES

THERE ARE FIVE COLUMNS - ONE FOR EACH SENSE. TAKE 10 MINUTES TO REALLY THINK ABOUT WHAT YOU ENJOY TO SEE, HEAR, SMELL, TOUCH AND TASTE AND WRITE THEM IN THE APPROPRIATE COLUMN.

THEN INVITE ALL THAT JOY IN.
YOU DESERVE IT.

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SIGHT

SOUND

SMELL

TOUCH

TASTE