

M

MENTALLY PREPARE FOR THE JOURNEY

I

IMMERSE YOURSELF IN NATURE (KOI POND)

Nature helps us identify what's working and not working in our life. Are you focused on what's working and expanding on that, or are you letting what's not working control how you feel? Ask yourself "How can I focus on something positive in my life?"

N

NOTICE CHANGES (REFLEXOLOGY PATH)

Take off your shoes and socks and walk along the path. Relax your feet into the stones, taking care to notice how it feels and what hurts or feels good. As you walk the path, notice the changes beneath your feet. Each block along the path is different, as are the circumstances in our lives. Notice how these circumstances effect our thoughts and change how we feel. Carry your shoes with you.

*Walking on the path may be uncomfortable. if you prefer you can walk in your socks or shoes.

D

DESIGN THE LIFE YOU WANT (BUTTERFLY GARDEN)

We build our lives on pillars- pillars of trust, hope, values, and beliefs. What are some of the pillars of your life, and how have they influenced your life in the past? As you walk through the garden, focus on your life's pillars and what they mean to you. Take time to stop, look, listen and smell. Walk slowly and contemplate your pillars and path.

F

FIND MORE FOCUS (CORNERSTONE)

As you look over the scene below, notice how it changes your perspective. How does it appear different compared to when you were walking through the garden just a minute ago? Looking at something from an outside and slightly elevated position can give us a more objective and perspective on a situation.

Now look at your life from this perspective. How does it change your point of view? Notice how you can view your experience as a coach, rather than a player, just by changing your perspective.

From this location you can also see all the elements: The Earth beneath your feet representing support and grounding, the Wind blowing through your hair and across your skin representing change, the Water of the lake representing flow and ease, the Fire in the lamps at the Lakeside Pavilion representing passion.

These elements are also in our lives every day. Ask yourself: *Where do I feel supported in my life? Where in my life am I experiencing change? Where do I need to allow more flow and ease?*

U

UNDERSTAND YOUR PLACE IN NATURE (ENTRY TO THE WOODS)

As we enter the forest we see the light diminish. The woods are very visually different from the path. We begin to hear the sounds of nature. We begin to hear the winds as we ascend the hill. So too, do we feel the changes in our bodies. Our eyes adjust to the shadows. Our ears attune to the birds, and quickly key in on the movements of the squirrels, chipmunks and other animals we share the forest with. Our breathing begins to change... As we enter the woods please pick up a rock and place it in your left hand, carry it with you on the path.



BREATH STOP

See "Breath Stop" on map for full description.

L

LEAP OF FAITH (EXITING THE WOODS AT THE TOP OF THE PATH)

As we leave the forest and continue our journey, we can anticipate challenges to come. Although we may not know what lies ahead, we trust that we are safe and supported. Take a deep breath, and as you release, let go of the idea that we need to know everything in order to move forward.



AUM (INSPIRATION POINT)

Stand comfortably, feet shoulder width apart, relax your knees and shoulders. Allow your hands to fall to your sides with palms facing open. Close your eyes and take a deep breath in through your nose. As you exhale, open your eyes. Look around you and notice where you are right now.

- *What are 5 things you can see right now?*
- *What are 4 things you can hear right now?*
- *What are 3 things you can feel right now?*
- *What are 2 things you can smell?*
- *What is 1 thing you can taste?*
- *What are you feeling right now? How are you experiencing this feeling in your body?*



FLOWER OF LIFE (BOAT DOCK)

As you look into the water take a deep breath in and close your eyes. Notice in your mind and in your body what emotions you have picked up on our walk so far.

If they are positive emotions put them into the rock in your left hand. Notice where in your body you feel those emotions and channel them into the rock. Fill the rock with the warm positive emotions you feel throughout your body, when you return home keep the rock with you or someplace where you will see it often as a reminder of those positive feelings.

If you have picked up negative emotions on the walk, put those in the rock as well. Put any guilt, shame, sadness or fear you might be carrying with you into the rock. As you feel the energy shifting in the rock, notice the lightness you can now feel in your body. Notice tension leaving your face and shoulders, notice tightness leaving your back or stomach. When you are ready, throw the rock into the lake and let all those negative feelings get washed away with the water.



YIN YANG (HALFWAY POINT)

You are halfway through this mile. At this point, the distance in front of you is equal to the distance you have already traveled. Now is the time to make a choice. Do you step forward into the unknown, possibly facing a challenge you aren't prepared for, or do you turn back and re-trace your steps because they are familiar to you? We encounter this choice in our lives every day—do we continue to move forward, or do we stick to the path we know? If you decide to move forward, keep looking at where you're going, not at where you've been. You cannot step forward with purpose if you are looking at the path behind you.



TREE OF LIFE (BOTTOM OF GRATITUDE HILL)

You are about to climb a challenging hill. As you climb, there are three things to remember.

- 1) Don't focus on the top. Focus on the 10 feet right in front of you.
- 2) Take shorter, more intentional steps.
- 3) Lean into the hill with your whole body.

When you face challenges in life, follow those same principles. Take the situation one step at a time instead of trying to solve it all at once. Taking small, purpose driven steps will get you farther than aimless jumping from one quick fix to the next. Leaning in and facing the challenge will lead to lifelong success and healing.



BREATH STOP

See "Breath Stop" on map for full description.



COMPASS (COMPASS CLEARING – ¾ MILE)

Find your center. Face the South and find peace with your past. Face the East and find peace with your spirit. Face the West and find peace with your body. Face the North and find peace with your future. Having done all of this with integrity, find peace again in your Center, leave the Compass and rejoin the path comfortable with the realization that you have found your direction...your "True North"

We will walk the rest of this mile in silence, to give us all a chance to listen to our inner self, process what we have felt here today, and integrate this experience into our every day lives.

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Mindful Mile

Mentally Prepare FOR THE JOURNEY

Welcome to our Mindful Mile. We are going for a one mile walk through the woods. This is a journey that is equal parts emotional, mental, and physical, and you may experience discomfort in any or all of these areas. We are on this journey together, and we are going to walk this path as a group. Please honor that everyone's experience is going to be different.

Focus on what you are feeling, thinking, and experiencing without judgment or trying to change anything and without comparing it to what others around you might be going through. Your experience is perfect, just as it is. Also ask yourself what you hope to Think, Feel, and Know when the walk is done.



Back to the Beginning

Congratulations on completing the Mindful Mile. Let's take one more deep breath, and release anything that might still be holding on after that experience.

Looking back on what you just did, what is something you can take with you and use in your every day life? OR how do you feel different now, compared to when you started?

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Mindful Mile



BREATH STOP

Take a deep breath and exhale. Find your pulse, either by feeling it with your hand, or noticing how it feels pulsing through your body. Take a deep breath in for the count of 4, hold for the count of 3, then exhale for another 4 counts. Inhale 2, 3, 4. Hold 2, 3. Exhale 2, 3, 4. Repeat, in your own count, for 4 cycles or so. Recheck your pulse. Notice if your body feels more relaxed, if your pulse has slowed, if your breathing is less labored.