

Radnor Gardens – 22nd Sept 2021

Today was a mindful stroll thanks to Cathy whom helped us focus on our senses, the sound of the steps as we were walking, the smell of the flowers and nature around us and the sounds of the birds tweeting. It was a wonderful, calming walk, as if we were mediating as we were walking. As we were walking, we really immersed ourselves in nature. We saw a beautiful Willow Tree and we took even more notice to how each leaf falls and blows delicately with the wind. Soon after we came upon a shrub and we guessed by the scent of the shrub straight away that it was in fact Rosemary, an aromatic scent, even used for cooking. Cathy encouraged us to see nature from another perspective especially in regards to the trees, so I went underneath a tree and looked up and saw the strong sturdy trunk of the tree going all the way up and the way the branches were positioned in a maze-like fashion. Another beautiful day near the River Thames and we learnt much about mindful strolls as a group.

Mairi captured a lovely photograph of a butterfly too just before its about to fly away from the flower.

