



MINDFULNESS TRAIL AT LOST CREEK RESERVE

Mindfulness... Inspired by Nature

Mindfulness is a practice of focusing one's awareness on the present moment, calmly acknowledging feelings, thoughts and bodily sensations. Practicing mindfulness in nature has healing and restorative powers. It can alleviate stress and anxiety, promotes creativity and boost the brains ability to think by engaging the senses.

This Mindful Experience has been developed as a way to help clear your mind of clutter and restore focus. It is also an excellent excuse to get out into nature and enjoy Lost Creek Reserve in a new way.

At each of the locations you will find signs suggesting mindfulness activities that incorporate your sense of sight, sound, smell and touch.

During this experience, consider a few things. Repeating simple phrases may help you to become present as your mind wanders. You might say to yourself, "For the duration of the time I'm here, there is nowhere else I need to be and no one else I need to be pleasing. This is my time." You may also choose words, like calm, balance and peace, and when you lose focus you can repeat these words, concentrating on their meaning to bring yourself gently back into being mindfully present.

1. MAPLE GATEWAY - Sit beneath one of the welcoming maple trees as you practice mindful breathing and experience the sights, sounds and smells around you.

2. GARDEN & EARTH - Allow your curious mind to wander while consciously observing plants and wildlife in the Lost Creek garden.

☀ On your way along the trail, enjoy the views and points of interest throughout the property. These include interpretive signs, historic objects or landscape features.

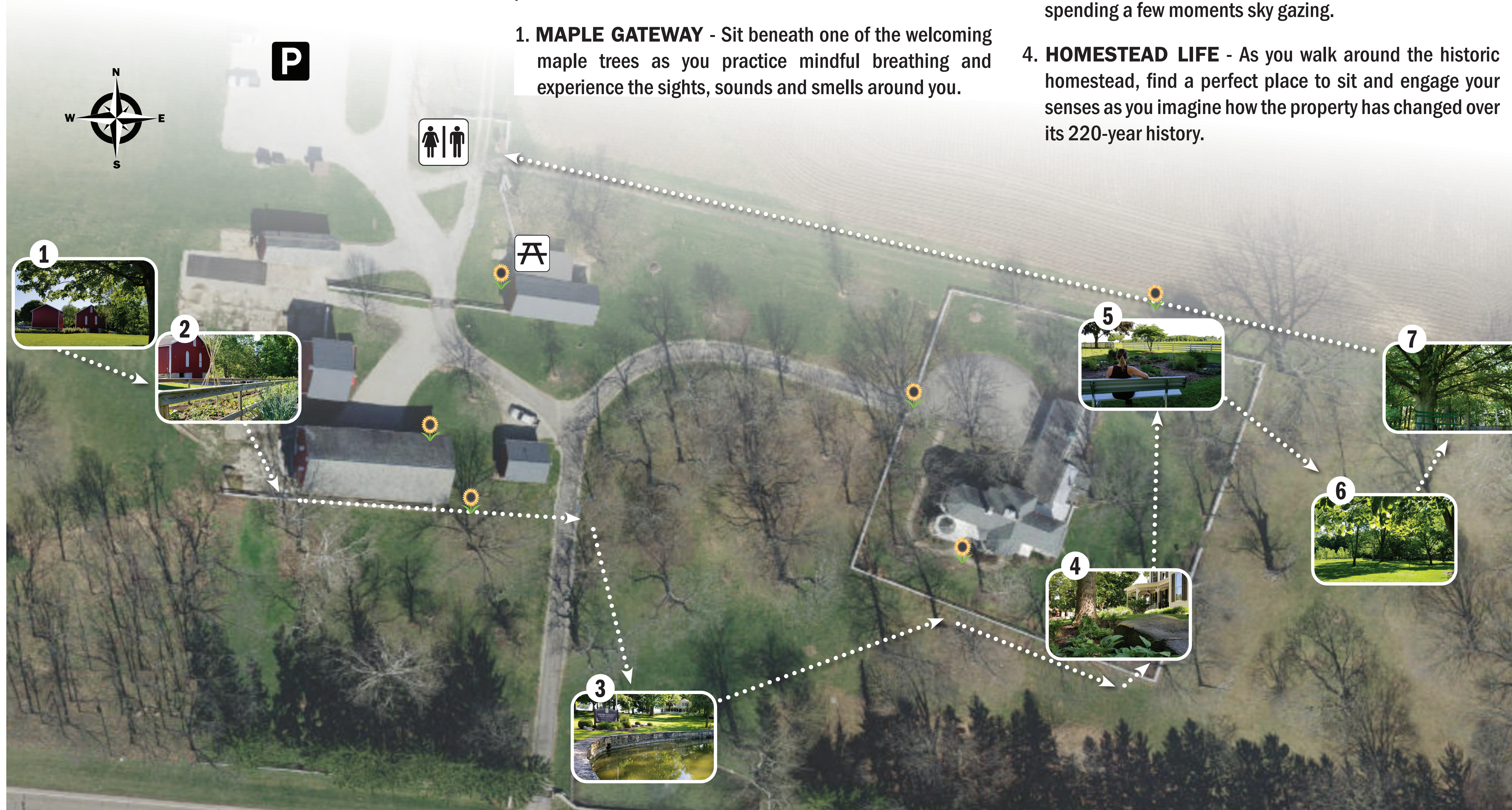
3. HILLSIDE POND - At the pond, appreciate the movement of the water and notice any wildlife in the area while spending a few moments sky gazing.

4. HOMESTEAD LIFE - As you walk around the historic homestead, find a perfect place to sit and engage your senses as you imagine how the property has changed over its 220-year history.

5. HERBS & HEALTH - Spend time browsing in the Lost Creek herb garden - delight in the colorful, aromatic design and imagine how the herbs, both edible and medicinal might be used.

6. COURTYARD STROLL - The courtyard is a perfect place to stroll under an inviting tree canopy while making mindful observations to replay sometime later in vivid detail.

7. BEECH REFLECTIONS - Sit on the bench under the great beech tree and allow the stillness and natural space to encourage peaceful reflections.



BONUS LOCATIONS: These locations are found past the cemetery into the woods if you choose to continue.

8. NATURAL PLAY AREA - This area provides a place for children of all ages to explore and play in a natural and unstructured environment. Let your imagination run wild and your inner child run free.

9. OAK SAVANNA - Enjoy a peaceful hike along this secluded trail dominated by majestic sycamores, hickories and oak trees. This is a great location for wildlife viewing, photography or simple meditation within the Lost Creek corridor.

10. LOST CREEK - There are few settings more relaxing and tranquil than the shores of a gently flowing waterway. You will discover a single bench along the bank for reflection or can explore downstream along the nature trail under St. Rt. 41.

☀ Other Points of Interest

REDUCE STRESS • DECREASE ANXIETY • MANAGE EMOTIONS • GAIN PEACE OF MIND