

Mindful Mapping Taupo *mindfully walking our local spaces to reveal and map new sensory landscapes*

Mental Health Awareness Week **October 8 2018**

Unlock Your Well Being: *What can you do this week for your mental health and well being?*

Join us for a leisurely, quiet group guided walk around Taupō town and lake shore!

Then use Social Media and your own personal mindful experiences to build-up a totally new map of the "secret" sensory profile of our familiar urban landscapes!

When: Monday October 8th 11 am – 12.00

Start: 11 a.m. **Finish:** 12.00 and stay to eat your lunch in the Pergola of the Rose Garden (beside the Museum)

Where: Gather outside Taupō Museum, Story Place.

Who: Led by local Mindfulness Educator, Deirdre Savage. With local Physiotherapist and Pilates educator Tam Holden, plus local mindfulness practitioners of all ages.

Aim: to promote the mental health benefits of the regular practice of mindful walking within our Taupo community.

What: Participate in a quiet guided group walk of a mystery local circular route - mindful walking, body and movement awareness, mindful silence, sensory awareness of natural and urban environments, Random Acts of Pausing. Duration: about 1 hour.

Street Talks: Guided leisurely quiet walking, pauses at set intervals for mindfulness practise and *Street Talks* from leaders introducing simple mindfulness skills and body/ walking awareness within the unfolding landscape.

Social Media it: Online mapping of the route will be available with the opportunity for individuals to post visual records of mindful experiences via the website. Throughout the week a layered map, illustrating their personal experiences of mindfulness while walking our town, will create a new living map of the "hidden" sensory landscape of our familiar local environments.

Mindful Walking is one versatile yet powerful way to settle our turbulent thoughts and emotions and ease into our bodies and into the simple flow of the present moment.

For millions of people who practise mindfulness it is one of the things they make time to do every day. It is not a big deal or something difficult to do – but it does involve one thing that can be very, very challenging for us as we rush through our busy lives. *Pausing* - slowing down and choosing to notice exactly where we are, in any given moment.

When we train in mindfulness skills we learn to Pause and do this many times during the day. It can be as little as 30 seconds. But it involves actually stopping. Unhooking from the world of thinking inside our heads and paying close attention to what is actually present in that moment....

Not your plans for tomorrow, not what someone said to you yesterday, not the constant chatter of that little voice in your head - but the world that is there around you.

So, join us during this **Mental Health Awareness Week 2018**, and re-connect more deeply with the bounty and richness of the very special natural environment we have here in Taupo!

Take time to walk with a group of local mindfulness practitioners and cultivate some moments of gratitude for the cool spring air, for the simple abundant wonder of it all as you stroll quietly around our lovely town.

Put aside your thinking and worries for a little of your day and just allow your body to soften and relax as it moves in its natural ease through the sensory landscape of Taupo.

This is one of the many little mindful moments we can choose to put into our day - that have the power to re-wire our brains for better mental health and unlock our natural well being!