

# MINDFULNESS WALK



Mindfulness is the practice of being present and aware in the moment. It can help reduce stress and anxiety, improve mood, and promote overall well-being. Here are some activities to help you cultivate mindfulness.

Wherever you choose to start, we invite you to set an intention of one thing you hope to get from this experience. Reflect on what you need right now and how this space and time can serve that need. Know that you can engage in the following activities in whatever order best serves you in the here and now.

If you choose, stop at the Family Garden (1) and engage in playful movement. Alternatively, you can find a place to rest and take five slow, deep breaths, noticing the sounds, textures or colors around you.

If you choose, follow the story trail (2). As you engage with the trail, what do you notice about how you feel? If it's accessible to you, read the story and notice what it brings up for you. We invite you to let the reflections that surface and drift past as you return to the present moment.

You may also want to visit the herb garden (6) and take a moment to see how many different smells you notice. This may change with the season, bringing multiple or few. What do you notice about the scents?

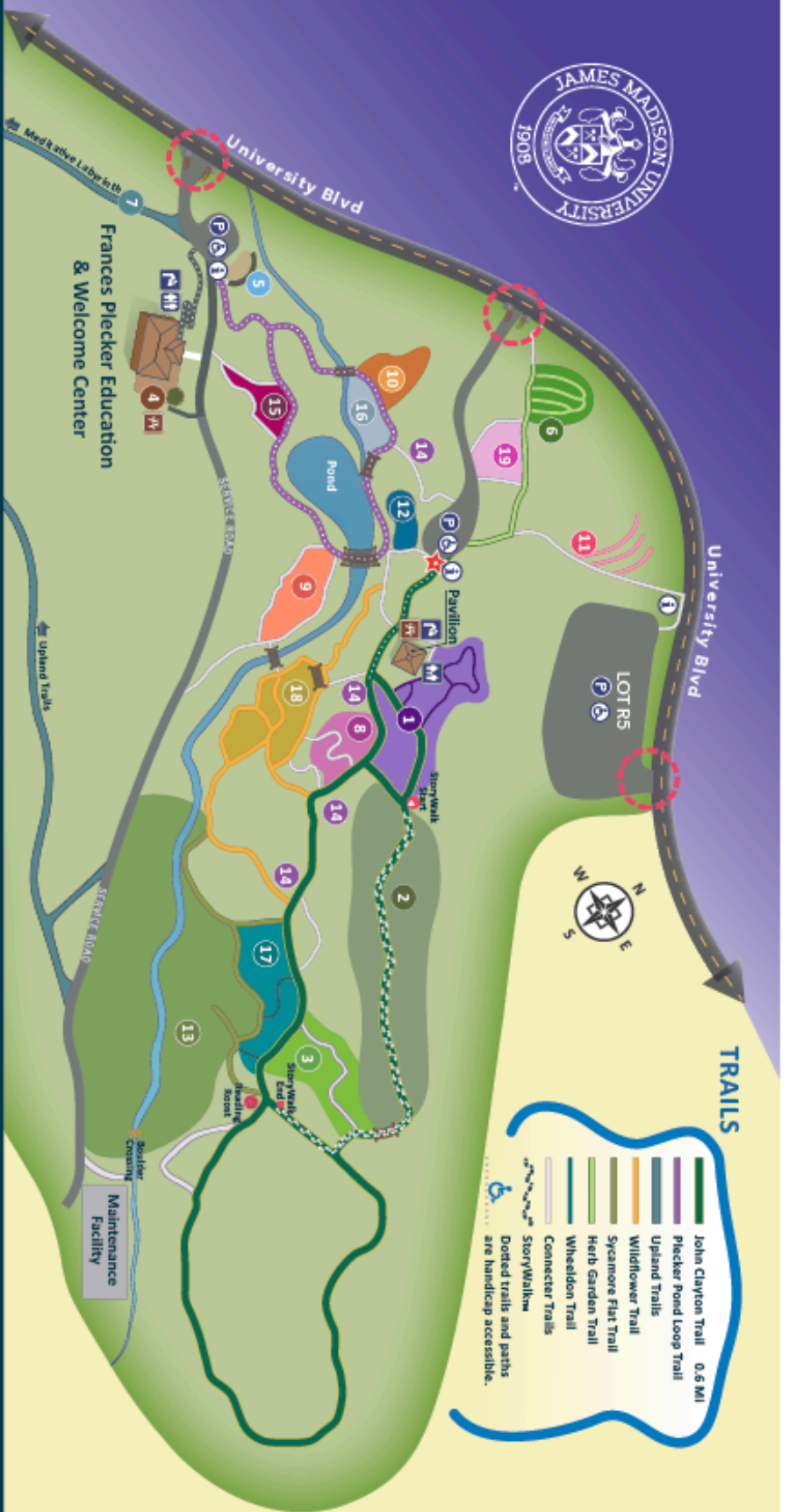
You may visit the Labyrinth (7) in whatever way is accessible to you. Gently engage with all of your senses to stay in the present moment as you navigate this space. Alternatively, you can try and find a path through movement or simply by following a trail with your eyes from whatever space you choose to visit. Focus on the patterns created by how you engage.

Stop in one of the Tranquility Gardens (14) or at any place that feels right to you. Take a moment to notice details about the place you chose to pause. What textures can you touch? What's the temperature?

Take a moment by the pond (16) or any other place which has water. If it's available, listen to the sound of the water. If you prefer you can smell the dampness nearby. What do you hear or feel? Notice the wind or the song of birds if present and available to you. Can you feel the sun or shade against your skin?

Move through the Wildflower Garden (18) and the Perennial Garden (15) and see how many different colors you can find. Do the different spaces have different smells? In what ways do the sounds change? Or the textures beneath you change?

To conclude your visit, take a moment in gratitude and offer thanks for one experience you're grateful for in this moment.



**TRAILS**

- █ John Clayton Trail 0.6 MI
  - █ Plecker Pond Loop Trail
  - █ Upland Trails
  - █ Wildflower Trail
  - █ Sycamore Flat Trail
  - █ Herb Garden Trail
  - █ Wheelson Trail
  - █ Connector Trails
  - █ StoryWalk
- Dotted trails and paths are handicap accessible.

# Edith J. Carrier Arboretum Detail



**LEGEND**

- ★ YOU ARE HERE
- P VEHICLE ENTRANCE
- P PARKING
- i INFORMATION KIOSK
- ♿ HANDICAP PARKING SPACES
- ♿ PICNIC AREA
- ♿ RESTROOMS
- ♿ FAMILY RESTROOMS
- f WATER FOUNTAIN



**Map Key**

- 1** **At Home In the Woods Family Garden**  
Create Conifers, Rocker Rocks, Storyline Circle, Fairy Forest, Texture Circle, and more.
- 2** **Booths Oak-Hickory Forest**  
This woodland tract is named for founding Arboretum director, Dr. Norman L. Booth.
- 3** **Fern Valley**
- 4** **Ernst Trees Terrace**  
Hillside planting with fountain.
- 5** **Journey Stage Garden**  
Perennial and shrub viewpoint of the Plecker Pond area.
- 6** **Herb Garden**  
Themed terraces inspired by history, folklore, and modern uses display a variety of medicinal, culinary, and fragrant perennials and shrubs.
- 7** **Meditative Labyrinth**  
Refer to Map Key.
- 8** **McDonald Rhododendron & Azalea Garden**
- 9** **Mid-Atlantic Chapter of the American Rhododendron Society Native Azalea Garden**  
An exhibit of prairie flower, flame azalea, plum leaf azalea and a number of hybrid crosses.
- 10** **Monarch Waystation**  
A pollinator garden providing nectar and host plants to support a variety of insects including monarch butterflies.
- 11** **Sinclair Garden**
- 12** **Smith Shale Barren Garden**
- 13** **Sycamore Flat**  
An open grassy swale featuring a restored stream, wetland plantings, and lowland tree species.
- 14** **Tranquility Gardens**  
Secluded garden space for relaxation and reflection.
- 15** **Vista Perennial Garden**  
Mixed perennial garden featuring daylilies, peonies, lilies and hydrangeas.
- 16** **Wetland Habitats**  
Lowland areas of flood-tolerant species such as Bald Cypress, Lizard's Tail, Sweet Flag, Horsetail and Butterbur.
- 17** **Wheelson Rhododendron Garden**  
Includes small and large-leaved Rhododendrons.
- 18** **Wood Wildflower Garden**  
Native wildflowers abound in Spring.
- 19** **Glenn Dale Azalea Garden**