

nature



MANIFESTO

Observe the way nature plays with colour

plant something in nature to
CELEBRATE AN ACHIEVEMENT

LEARN FROM NATURE'S CYCLES OF GROWTH

reflect these back in your actions and behaviours

When you're stuck with a problem walk it off in nature



Get to know the trees in your area They're great listeners

OBSERVE the way nature plays with **COLOURS**

LET THIS BE AN INSPIRATION FOR YOUR OWN STYLING AND MATCHING

Decide on several locations in nature where you can retreat to either physically or mentally



Touch something in nature with a part or whole of your body



Book a date with the Full Moon and meditate for five minutes