

SIT SPOT PRACTICE

accessible
forest 

The aim here is to encourage the Accessible Forest Practitioners to establish a personal practice with a Sit Spot that will allow them to deepen their relationship with all life and especially with the beings that live in this chosen place for the sit spot practice.

Sit Spot is a foundational nature-connection practice that involves returning regularly to the same place in nature, sitting quietly, and observing with all the senses. It's a simple yet profound way to build relationships with place, with self, and with the more-than-human world. Originating from traditional and ancestral nature awareness practices, Sit Spot has been widely shared through modern wilderness awareness schools, such as the work of Jon Young and others. In forest therapy, it's often used to deepen presence, sensory awareness, and emotional regulation.

TIPS

Finding your Sit Spot: Find a place that is close to where you live and/or work. It is essential that your Sit Spot is easily accessible so that you can go to it often. What would it be like to go to your sit spot for 20 minutes rather than doom scrolling on social media?



REFLECT

- Reflect on how a continuous sit spot practice is affecting your relationship with the natural world.
- What qualities of this relationship are you becoming aware of?
- How might you bring these qualities to your facilitation?

Stay a while: You are ideally striving to stay between 20 to 30 minutes at Sit Spot on each visit.

Visit your Sit Spot often: Returning to the same spot over time deepens your relationship with the beings that live in that place. Every time you return you might notice something different.

Bring yourself to stillness: Allow your movement to settle into stillness so the surroundings and inner landscape become more noticeable to you.

Practice silence and quiet attention: Allow yourself to notice without needing to interpret, fix, or change anything. What happens when you allow the landscape to come to you?

Curiosity: Cultivate an open and receptive attitude by releasing yourself from goals or expectations.

Embodiment: Notice what arises for you through a sensory exploration of this place.

BENEFITS

Slows the Nervous System: By sitting still in a natural space, the body and mind can shift from “doing” into “being.” This invites calm, regulation, and access to subtle perception.

Builds Relationship with Place: Returning to the same spot over time fosters a deep sense of belonging, especially important for those who feel displaced or disconnected.

Strengthens Sensory Awareness: Repeated stillness enhances hearing, sight, smell, and inner felt sense, including nonverbal and emotional awareness.

Supports Reflection and Grounding: Sit Spot can offer a safe container for gentle introspection.

EXPLORE

As you engage in Sit Spot practice you might consider:

Creating a map of your sit spot

Sketching the beings/friends that you are deepening your relationship with.

What do you notice when you visit this place over and over again? Do your friends change? How do they change?

What are you noticing about your **affection** with this place?