



**Baltimore Woods
Nature Center**
Nature in your hands

Mindful Nature Mandala



Mandala is a Sanskrit word that loosely translates to “circle.” Mandalas have a rich history and have been created in many different traditions for thousands of years. Drawing and creating mandalas is a wonderful way to practice mindfulness and being present in the moment. To connect your mindfulness practice to nature, create a nature mandala!

Set aside time to go for a walk and collect natural materials from the ground such as, leaves, flowers, rocks, sticks, and pinecones. Be observant during your walk and collect the materials that you are drawn to.

Find a spot to sit outside and create your mandala. Choose your favorite item to be the center of the mandala and then create layers of different materials around the center. Create as many layers as you would like out of whichever materials seem right to you. Take as long as you need to mindfully create your mandala.

Notice how the different natural materials feel as you pick them up and place them around your mandala.

Think about where these objects came from, what type of leaf or flower did you gather?

Below are a few examples of nature mandalas to inspire you but yours can look however you would like!

