

Branch out
to your
community



national
tree day



PLANET ARK



TOYOTA

Yoga Studio

Guide

About National Tree Day

Founded by Planet Ark in 1996, National Tree Day has become Australia's largest community nature-care and tree planting event. Tree Day is about doing something positive for your own health and wellbeing, as well as that of the planet.

When we get outside and connect with nature we thrive and grow on many levels. We grow as individuals: mentally, physically, emotionally and spiritually. We grow as a community as we work and partner together. We grow as a nation as we mobilise and engage over 200,000 people each year to take an active part in caring for the precious Australian environment.



Green equals serene: Contact with nature is good for mental health

Growing Health and Wellbeing Benefits

Planet Ark's research, *Planting Trees: Just What the Doctor Ordered*, outlines the benefits of interaction with nature for children (and adults) health, wellbeing and development including:

- Positive mental health outcomes, such as reduced symptoms and severity of ADHD, reduced stress levels, reduced depression, and increased confidence and self esteem.
- Physical health benefits, such as reduced risks of obesity and myopia, and improved recovery from certain medical conditions.
- Enhanced intellectual development, such as improved creativity and imagination, and improved academic performance.
- Natural environments encourage resilience and flexibility and improve balance and coordination.
- A stronger sense of concern and care for the environment in later life.

Why get involved?

- Create awareness and engage like-minded individuals in doing something positive for their own health and the health of the planet.
- Nurture a passion for nature in your neighbourhood, helping to grow future custodians of our planet.
- Diversify and increase local intrigue in your yoga studio and reach out to the community in a new and meaningful.



Getting Started

During the month of July, Planet Ark is calling on yoga studios across the country to go out on a limb for the environment. Here are just a few things you can do:

- **Offer special yoga classes, nature meditations and eco-activities in honour of the tree (pose) for National Tree Day.**
- **Help kids dig nature, yoga and meditation.** Offer a tree-mendous yoga class at a local primary school, preschool or centre for children with special needs or disabilities on the last Friday in July for Schools Tree Day. See the ideas section for some inspiration to weave through.
- **Offer students free trees to plant in their yards on National Tree Day (the last Sunday in July).** Be an eco-warrior and donate the rental hire of yoga mats to cover the costs. Your students can register their backyard planting with Planet Ark.
- **Display our Tree Day yoga poster** or adaptable yoga poster. Please make sure to read our guidelines for businesses.

- **Help spread the word to your network of studios, teachers and students** by circulating an email, including information on your website and in social media. We have web and print banners you're welcome to use.

Ideas for a Tree Day educational activity

IN HONOUR OF THE TREE (POSE)

Yoga postures were derived from ancient yogis who were trying to become one with nature and imitate the works of art found in nature. Yoga poses are derived from elements in nature, animals and plants. Yoga actually means 'union' in Sanskrit, and the Buddha attained nirvana/enlightenment while sitting under a tree.



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Qualities of a Tree

- Trees are strong, flexible and resilient.
- Trees take in carbon dioxide and produce life-sustaining oxygen.
- Trees provide homes for other animals in the forest.
- Trees represent balance and flexibility in life. They sway with the wind yet are strong and provide protection against the elements.
- A tree is a lesson in life. A tree has patience. It stands facing the sun, rain and storm, uncomplaining.
- A tree is symbolic of growth. It inspires us to spread out.

THE TREE POSE

Physical Benefits:

- Develops awareness, balance, concentration, and poise.
- Revitalizes the spine as well as the body and mind.
- Strengthens the entire leg, ankles and feet.
- Increases flexibility in the thighs and hips.



The Tree is a symbol of balance, stability, strength and growth.

Instructions

- To come into the Tree pose you want to have a strong GROUNDING in your feet.
- Ground down through your left foot and transfer weight to your left leg.
- Spread your toes wide, rooting them down - like they're ROOTS of a tree.
- Lengthen up through the leg (making sure not to hyperextend the knee).
- Engage the thigh - your TRUNK- a strong FOUNDATION. Like a MOUNTAIN ASHE.
- Pivot the ball of the right foot and place the heel on your left ankle.
- You could stay here just like this and it would be a perfect tree pose.
- If you like you can move your foot to your calf or even up to your thigh. Pressing thigh into foot, foot into thigh.
- Still growing out of your FOUNDATION, lift up out of your waist.
- The important aspect of this pose is balance not where your foot rests.
- Roll the shoulders down and back and lift through your heart.
- When you're ready BREATHE IN and lift your arms & BRANCHES up to the sky.
- It's OK for your body to sway, like a tree in the wind but your foot stays ROOTED in the GROUND.
- You maintain BALANCE, STABILITY, STRENGTH.
- Stretch up, reach out and spread your branches far and wide. GROW.
- Whenever you're ready, bring your hands to your heart centre...
- REFLECT on nature's greatest gift – THE TREE.



Running a Tree Day Activity for your yoga studio: 5 easy steps

1. **Nominate a staff member to be the contact person.**
2. **Pick an activity to run, and any date to run it.** Each year Schools Tree Day is held on the last Friday of July, with National Tree Day on the last Sunday of July. Planet Ark has arranged

insurance coverage all year round for registered public Tree Day activities should you need it.

3. **Register your activity.** When the details of your activity are confirmed, register your event at treeday.planetark.org to be counted in our national results! You can register an activity as a private or public event, and it can be purely educational. If it's public, it'll be listed when people search for events in a similar location to you.
4. **Enjoy your activity.** If there's a local Tree Day planting event near your studio, it would be great to promote it to your fellow yogis and staff too. Find one near you by entering your postcode on the Tree Day website.
5. **Be counted.** Tell us how you took part, by logging your results online or ringing us on 1300 88 5000. Show us snaps from your activity or display by posting them to our Facebook page.



Eco-warriors wanted (young and old) to take part or run special yoga classes, nature meditations and environmental activities and plantings in honour of the Tree (pose) for National Tree Day.



Meditations & Quotations on Trees

The tree is more than first a seed, then a stem, then a living trunk, and then dead timber. The tree is a slow, enduring force straining to win the sky.

Aintoine de Saint-Exupery



He who plants a tree, plants a hope.
Lucy Larcom

The oaks and pines, and their brethren of the wood, have seen so many suns rise and set, so many seasons come and go, and so many generations pass into silence, that we may wonder what "the story of the trees" would be to us if they had tongues to tell it, or we ears fine enough to understand

Author Unknown

Trees are the heart's endless effort to speak to the listening heaven.

R. Tagore

Between every two pines is a doorway to a new world.

John Muir

Climb a tree - it gets you closer to heaven.

Author Unknown

*I think I shall never see
A poem as lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowery breast,
A tree that looks at God all day
And lifts her leafy arms to pray,
A tree that may in summer wear
A nest of robins in her hair,
Upon whose bosom snow has lain,
Who intimately lives with rain
Poems are made by fools like me,
But only God can make a tree.*

Joyce Kilmer

Stay in touch

If you ever need a helping hand, get in touch with us!

National Tree Day Hotline

1300 88 5000

National Tree Day Website

treeday.planetark.org

Contact Email

treeday@planetark.org

Mailing Address

Level 3, 15-17 Young St, Sydney 2000

Facebook Community

www.facebook.com/NationalTreeDay

