

Nature Heals at Muriel Sahlin

What is a healing garden?

Healing gardens offer a restorative place to connect with nature. Through outside spaces and sensory focal points, these gardens promote a sense of well being and hopefulness, and a respite from the constant stimuli in our busy lives. There are many ways to achieve a connection with nature. For some it's taking in the beauty of a well-tended garden. For others it's a stroll or hike through a wooded forest. Even the smell of freshly cut grass while sitting on a park bench provides a connection that boosts our health and well being.

Core components of a healing garden:

- | | |
|--------------------------------|-----------------------------|
| Shade areas | Sunny areas |
| Flowing pathways | Native plants |
| Space to sit | Space to work |
| Focal point for meditation | Private spaces |
| Edible plants | Public spaces |
| Fragrant plants | Various walking routes |
| Variety of colors | Safe and secure spaces |
| Culturally responsive | Enhanced entrance |
| Mimics mother nature | Garden art |
| Attracts wildlife | Promotes health and fitness |
| Generates emotional attachment | Sustainable design |



MURIEL SAHLIN ARBORETUM



UNIVERSITY OF MINNESOTA EXTENSION

RAMSEY COUNTY MASTER GARDENER VOLUNTEER PROGRAM