

# Immersion Holistic Practices Discovery Form

In total 1 submission

## Daily Rhythm & Connection

What practices currently help you feel most grounded during your day?

1 submissions

walking the dog, swimming, getting our and meeting friends	1
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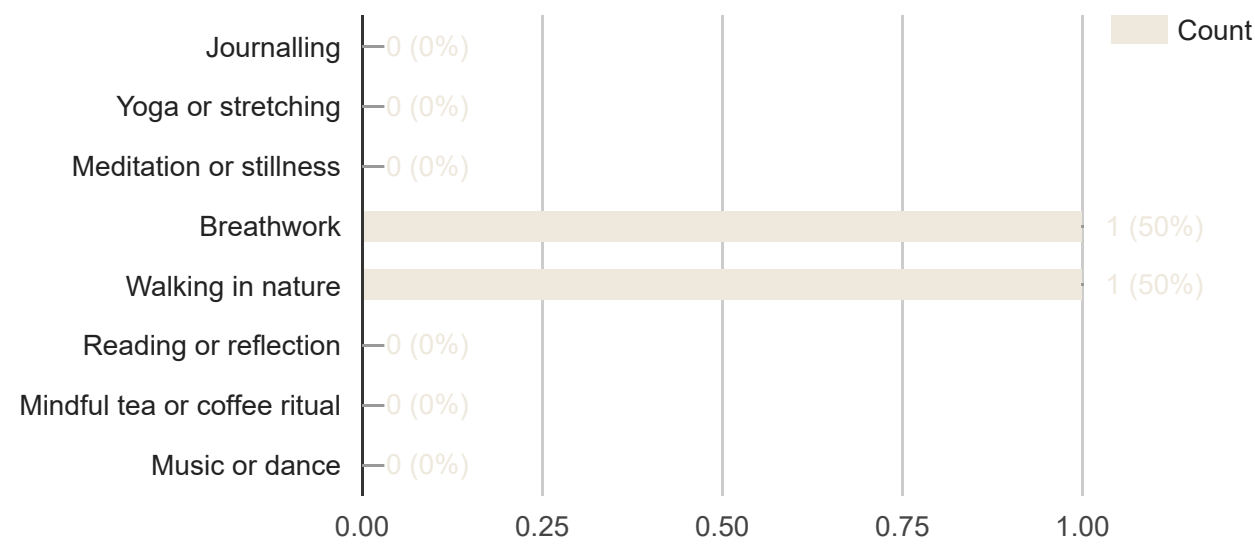
When you imagine your ideal morning, what does it include?

1 submissions

morning walk and breath practice	1
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Which of these daily practices appeal to you most?

1 submissions

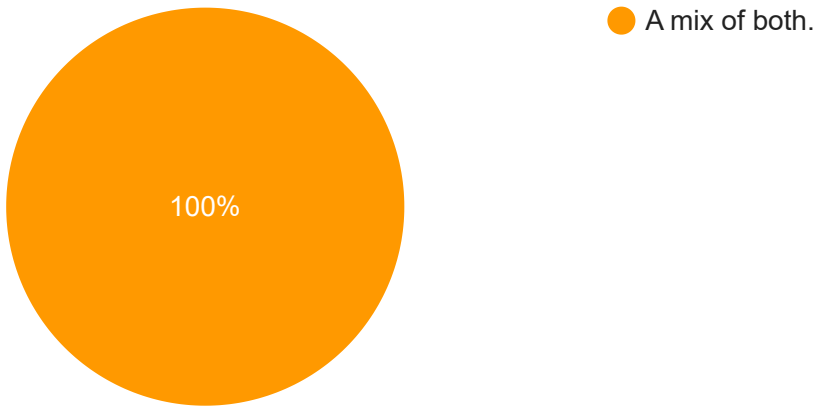


- If you answered 'Other' above, share some details here

0 submissions

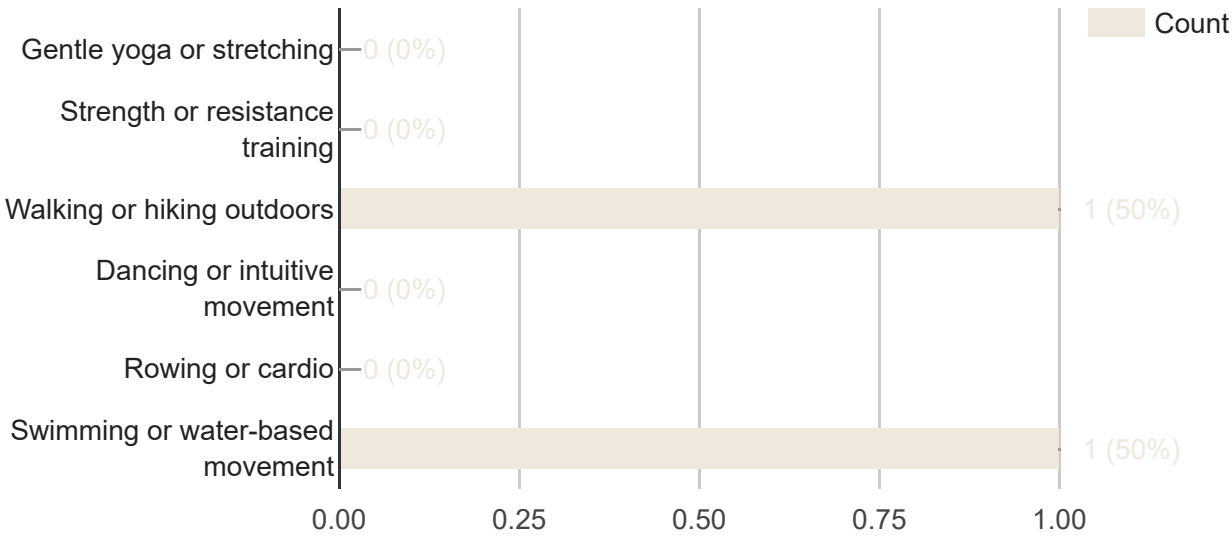
Do you prefer to follow structured routines or choose practices intuitively each day?

1 submissions



Which types of movement appeal to you most?

1 submissions

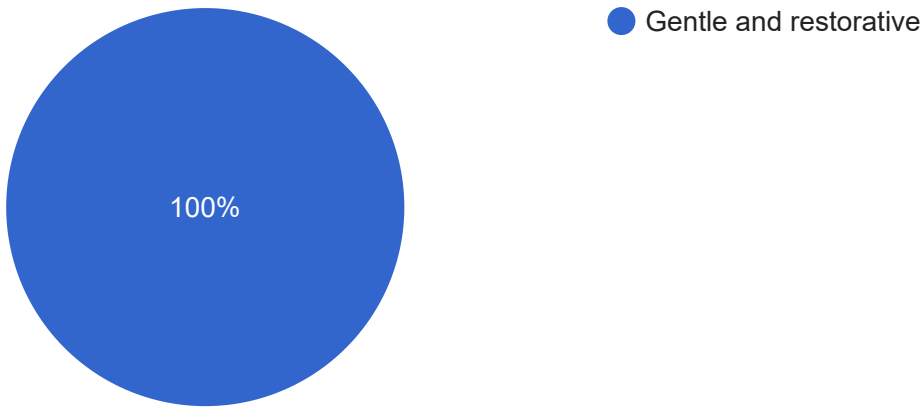


- If you answered 'Other' above, share some details here

0 submissions

Do you feel more energised by gentle, grounding practices or more dynamic movement?

1 submissions



# Breath, Stillness & Expression

How do you usually pause or reset when you feel overwhelmed?

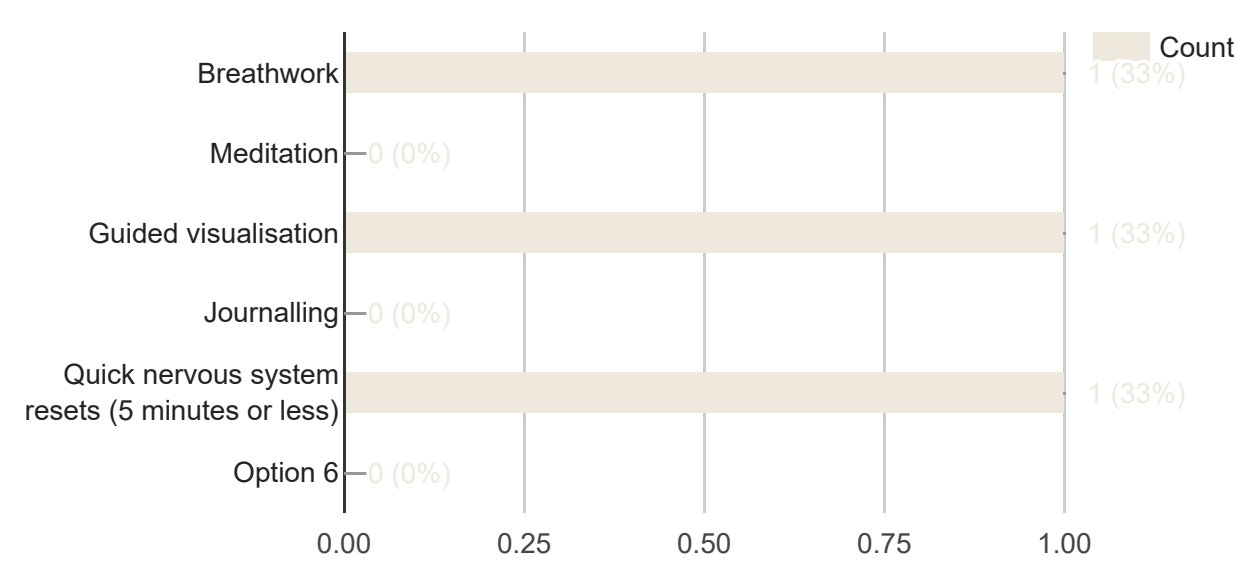
1 submissions

take a deep breath, have a coffee, watch some TV

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Which of these practices feel most appealing right now?

1 submissions

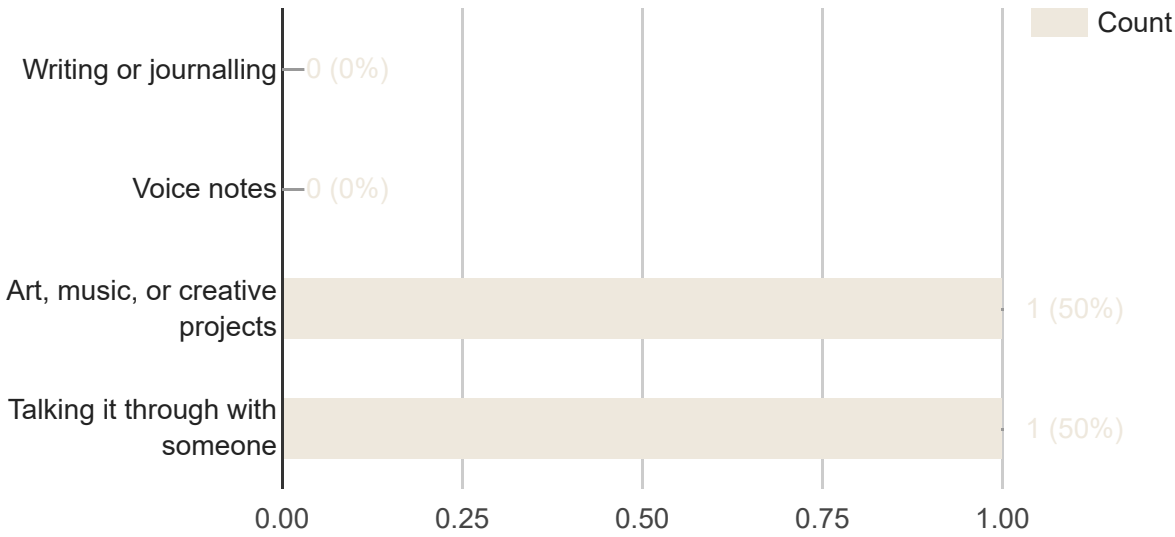


- If you answered 'Other' above, share some details here

0 submissions

How do you like to express your thoughts or emotions?

1 submissions



- If you answered 'Other' above, share some details here

0 submissions

Have you tried journalling before? If yes, what type felt most natural?

1 submissions

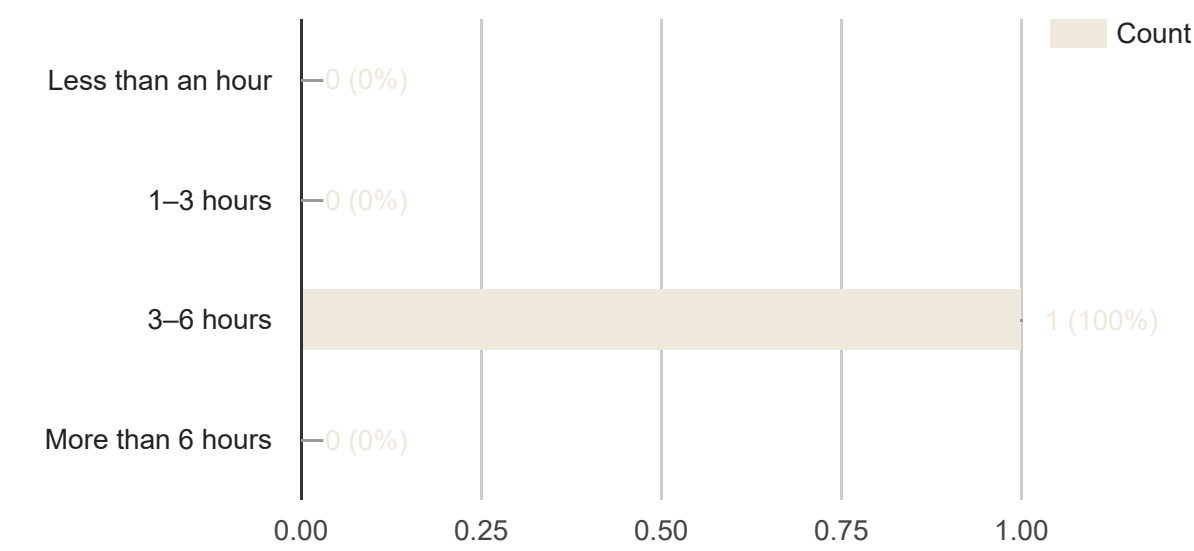
Tried it years ago but don't find the time now.....

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# Nature & Environment

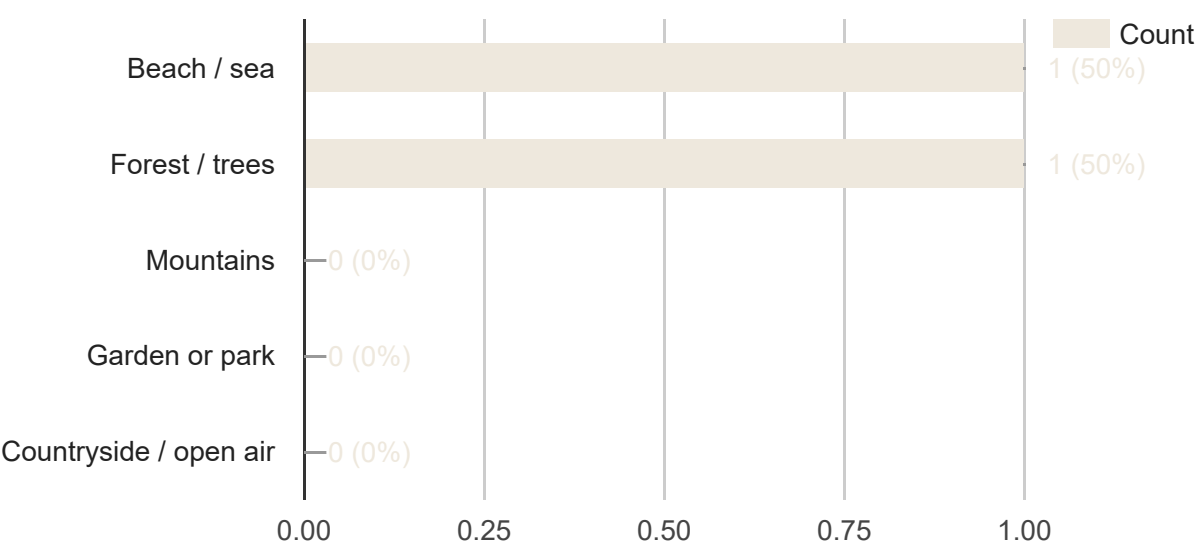
How much time do you currently spend outdoors each week?

1 submissions



Which settings feel most restorative for you?

1 submissions

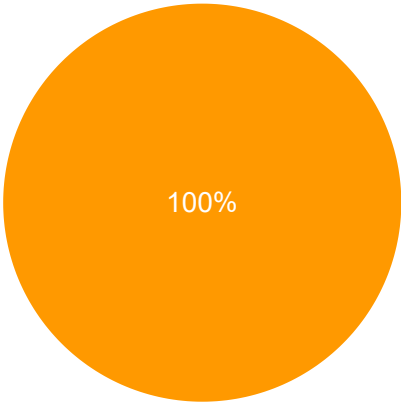


- If you answered 'Other' above, share some details here

0 submissions

Do you prefer outdoor practices alone or shared with others?

1 submissions



A mix of both

# Integration & Support

What feels realistic to weave into your rhythm, given your current life and family responsibilities?

1 submissions

Growth, Focus, Clarity

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Which practices would you love to lean on during stressful or overwhelming days?

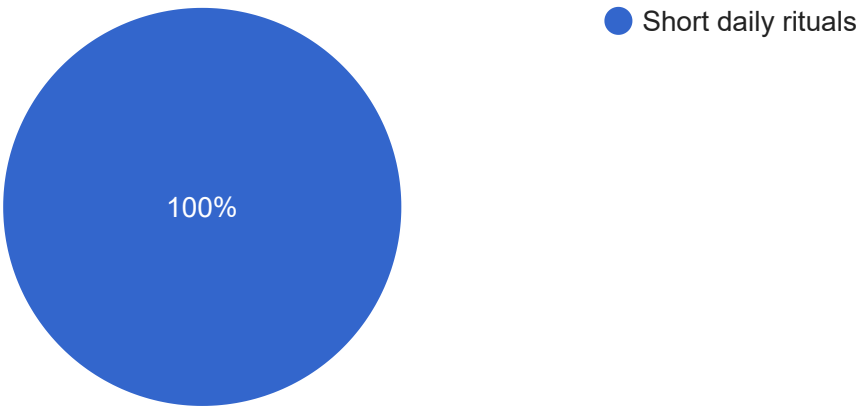
1 submissions

Breath practice,

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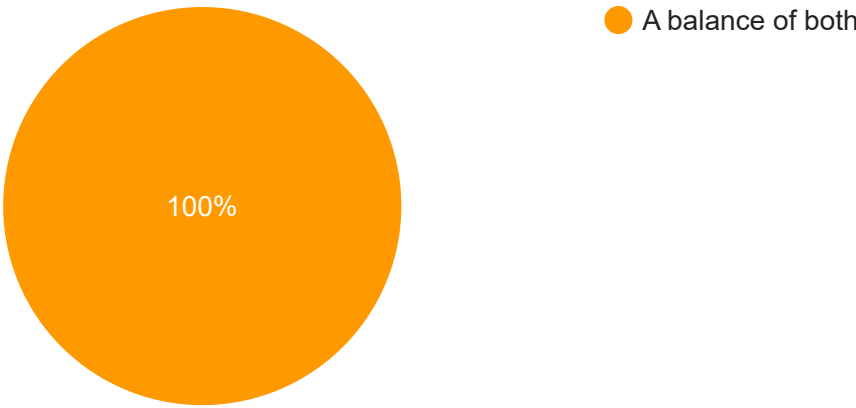
Do you prefer short daily rituals (5–10 minutes) or longer, deeper sessions when you have time?

1 submissions



What motivates you most — accountability and structure, or freedom to choose what feels good?

1 submissions



# Final Reflection & Submission

Reflection Prompt:

1 submissions

breath practice or meditation

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