

# Nature Pod Newsletter

## A Daily Dose of Nature

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*Lemurs are tree  
huggers!*

*When the outside  
temperature is too hot,  
lemurs climb down trees  
and hug the cooler base  
to help regulate their  
internal temperature.*

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DOSE is an acronym for four key chemicals found within our brain and body: Dopamine, Oxytocin, Serotonin and Endorphins. It's key to our health to learn to listen to them.

- **Dopamine** - the motivational chemical - creates drive that helps you pursue meaningful goals. Dopamine can be released by activities like being in flow state, discipline, phone-fasting, cold-water immersion or pursuing a goal.
- **Oxytocin** - the connection chemical - connects you to people you love and your self-belief. Oxytocin can be released by contributing to a community, touch, social activities, being grateful and achievements.
- **Serotonin** - the mood and energy chemical - creates positive shifts in your mood, energy and behaviour. Serotonin can be released by connecting to nature, sunlight, looking after gut health, underthinking and deep sleep.
- **Endorphins** - de-stressing chemicals - are created by movement and calming the brain. They can be released through exercise, heat, music and stretching.

Interestingly, nature coaching can trigger all of these, and can also encourage DOSE stacking where we can release all the chemicals at one time...

A social hike or walking the dog for instance, can lead to phone-fasting, flow state, social life, touch, nature, sunlight, gut health, exercise and music (bird song) all at once. Do this every day and you have a daily dose of all the chemicals you need. Be creative in nature and you have an unlimited way of maintaining health and wellbeing.

Try coming up with your own Daily Doses for nature coaching and share ideas with us!

## Feedback on past events

### 11th February - Hierarchy to reciprocity

Abraham Maslow's "hierarchy" was never meant to be climbed. We misread it as extractive. In this workshop we experienced the letting-go of layers or personal hierarchies to experience our core essence, the transformative power of reciprocity and participated in a guided process of metamorphosis through the dragonfly.

### 17th February - CCA Africa Chapter Meeting

Coinciding with a solar eclipse, the February gathering acknowledged the significance of celestial events, often seen to herald endings and beginnings. This theme was explored in the context of past and current African and world events and how coaches might hold space for the many polarities emerging in times of reckoning and realignment. Members discussed transforming how we orient ourselves to reality, living from truth even when it's uncomfortable, and cultivating ways of being together that support flourishing while old frameworks begin to unravel.

## 2026 March/April Events

### Nature days to remember



### 20th March - Spring/Autumn Equinox

The meaning of the equinox centres on balance, harmony and transition, marking a moment where day and night are of equal length, symbolising equilibrium between light and dark. It is a powerful time for a pause – a time of reflection, renewal and shedding old habits to embrace growth. Calling on us to balance internal and external life, the equinox acts as a bridge between seasons and consciousness.

### 21st March - International Day of Forests: "Forests & Economies"

On this day, we recognise forests as fundamental to inclusive growth and sustainable economies. They provide essential ecosystem services including climate regulation, water security and soil protection that underpin productivity across sectors. Despite this, forests remain undervalued and underfunded in economic decision-making despite their wide-ranging contributions.

## CCA Nature Pod events

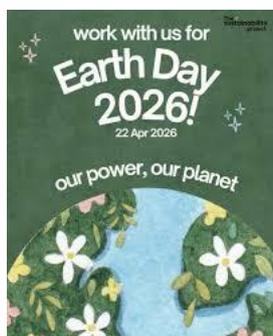
### 14th March - Deep Time Walk: Gelora Bung Karno (GBK) Senayan, Jakarta

This is the essence of a Deep Time Walk (DTW): an invitation to slow down, walk gently, and experience Earth's vast story with your own footsteps. It is not a journey across space, but across time. Not ordinary time, but Deep Time. Over the course of 4.6 kilometres, we traversed 4.6 billion years of Earth's history, rediscovering the resilience and interconnectedness that has always sustained life.

**18<sup>th</sup> March - Nature Pod Community Gathering** - Our community gathered in March to explore nature-inspired principles for coaches, nourish ourselves in nature and in community to connect our individual practices into a collective force for regeneration. Members brought a natural item (or image) to the gathering which formed part of discussions.

**20th April - Deep Time Walk in the UK** - This powerful embodied experience takes participants on a 4.6km walk through 4.6 billion years of Earth history – exploring the place of the human in the more-than-human world. Join us in a transformational journey bringing the rational and somatic together in the Edinburgh Botanical Gardens in Scotland, where the diverse plants, trees and water features give their gifts and expression to understand Earth's story.

**21st & 23rd April - 'The Being of Butterfly'** - Join us for two practical workshops that explore how our human state in this time of collapse mirrors the stages of the 'being of butterfly'. Part 1 is the experience of the caterpillar going into the chrysalis and part 2 is emerging from the chrysalis and using our imaginal cells to create the butterfly.



**22nd April - Earth Day** - We are having a 'Glocal Walk' where there will be two times (to capture our global community time zones) to join us on a walk together to celebrate our beautiful planet. Join in live at 08h00 and 16h00 BST (see CCA event page for details) or post your videos/photos on our CCA Nature pod [LinkedIn page](#).

**24th April - A walk in the UK** – This marks a full orbit round the sun from last year's Earth Day inaugural walk for coaches at the Knepp Wilding Estate in West Sussex, UK, last year. [Join](#) community members Lydia Stevens and Anna Brown on a guided walk in this beautiful rewilded landscape, seeing nesting storks, wild ponies, long-horn cattle, Tamworth pigs, and a host of flourishing bird and insect communities.

## Resources we drew upon for daily practice

- ***"The Dose effect"*** by TJ Power. Everyday habits working with the body's chemicals to balance your brain for a healthier, happier life
- ***"Every Day Nature: How Noticing Nature Can Quietly Change Your Life"*** by Andy Beer. A UK-based book that offers 365 daily guides to reconnect with the natural world.
- ***"Soil.Soul.Society: a new trinity for our time"*** by Satish Kumar. In this heartfelt book, the author emphasises embracing nature through the soil, creativity through the soul and each other in society.

## Inspiration for consistent discipline

### *Buddhist monks complete their "Walk for Peace"*



*The monks were joined by their rescue dog 'Aloka' which means light or vision and who was a symbolic figure throughout the journey.*

This long-distance pilgrimage in the US was undertaken by Buddhist monks from the Huong Dao Vipassana Bhavana Center in Fort Worth, Texas, to Washington, DC, spreading a message of mindfulness, compassion, non-violence and peace. Starting in October 2025, the walk spanned 3,700km and took 108 days.

Along their path, in often extreme weather conditions, the monks greeted well-wishers with blessings, smiles and thousands of peace bracelets and flowers – their message resonating across the country and the world.

"We walk not to bring any attention to us, but we just hope that we raise awareness of peace to all the people who will meet along the road," said Venerable Bhikkhu Pannakara, the group's soft-spoken leader. "We practice mindfulness meditation while we walk. The more you focus on breathing, it generates energy for us to walk."

## Nature practice for Daily Dose

Our April 'Nature Connection' Calendar (also on our Nature Pod page)

### APRIL NATURE CONNECTION MOMENTS 2026

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31 	1 Step outside. Breathe consciously.	2  Notice three living beings nearby.	3 Bare hands on earth.	4 Five-minute slow nature walk.
5 Listen deeply to natural sounds.	6  Observe clouds. Name their moods.	7 Water plants with care. 	8 Eat a plant-based meal mindfully.	9 Watch sunrise or sunset. 	10  Sit under a tree.	11  Collect fallen natural objects.
12  Write one line to nature.	13 Notice textures: bark, stone, leaf.	14 Stretch your body like an animal. 	15 Smell the air. Name it.	16 Compost something – or imagine composting.	17  Look closely at something small.	18  Drink water with gratitude.
19 Create with natural materials.	20 Watch birds or insects carefully. 	21 Lie down. Feel gravity.	22  Offer thanks to the Earth.	23 Walk barefoot if possible. 	24 Notice wind on skin.	25 Cook something seasonal or local. 
26  Tell a nature story aloud.	27 Stargaze or moon-watch briefly. 	28 Care for a place.	29 Pause. Sense interconnectedness.	30 Reflect: how did nature meet you? 	 CLIMATE COACHING ALLIANCE NATURE POD	

## And finally...

As we are coaching in, with, for and as nature, our name was getting too long! So we have shortened our pod name to 'The Nature Pod'. And as we're growing as a community (now 250 members!) we have created a CCA Nature Pod LinkedIn Group - join by clicking on this [link](#). This will provide an online hub for us to share our nature connections with each other and update news.

**Wishing you a daily dose of nature in your work and life!**