

## ITPI Spring Newsletter 2020

### **Working Theme:**

**COVID-19 as Practice Partner:**

**Learnings from the Experience and Practices for Staying on your Path**

**Sally Mahé, ITP Teacher**

**1. What are you learning about yourself at this time?**

Walking in nature is no longer just a nice thing to do, it is vital for my health and well being.

**2. What practices are supporting you?**

Aerobic run-walk every morning - listening with joy to birdsong.

Staying Current - using this new space alone with myself to watch my feelings, learn more about my feelings and habitual patterns.



**3. What insights and tools do you have to share with the ITP community?**

Small gestures and thoughts of kindness multiplied by the millions will get us through this and set us on course for a better world!