

Create a Zen Den

Things can get a bit crazy sometimes.

It can be good to have somewhere quiet to go to when you want to get away from all the craziness.

Follow these ideas to create your own special place, where you can retreat and relax.

What is a Zen Den?

It's a place you can go to relax and be present in the moment. You can read, draw, colour, do yoga, meditate or play a musical instrument or listen to music.

It's your space so you can decorate it any way you like. You might choose inside a cupboard, a corner of your bedroom, up a tree, or choose a favourite spot in the garden. You can keep this space just for you, share it with your pets or share it with your friends.

Decorate with plants, candles, cushions, posters, rugs, chairs or fabric.

Visit your Zen Den everyday or just when things get crazy.

