



Forest Bathing Field Notes: Banho Das Seis

Banho das seis isn't just a Floripa tradition. It's a reminder that the day doesn't get the final say—you do. At six o'clock, the island hands you a ritual disguised as a splash. You step into warm water, drop the emotional clutter, shake off the stuck places, and walk out lighter and a little bit wilder. It's the Dirty Zen truth of nature: release doesn't have to be serious... it just has to be honest.

Pockets of Nature Practice: Banho Das Seis

- Step outside at the end of your day—feel the shift in light, temperature, and energy. Let nature cue your internal “release mode.”
- Find one sensation that feels like a reset: warm breeze, cool air, shadows stretching, the first star.
- Take three slow breaths while imagining the day sliding off your shoulders and dissolving into the ground or sky.
- Touch water—sink your hands into a sink, creek, shower, ocean, or cup of cool water. Feel the rinse.
- Notice one thing that signals evening's calm: a quieter street, a bird calling, the light softening, your body softening with it.

What part of my day feels heavy—and what does “dropping it” actually look like for me?

What are a few things I am grateful for?



Where can I build a small, daily rinse ritual of my own—a personal banho das seis?

What does my body feel like when I finally stop carrying what's not mine?

How does nature signal “enough” to me at the end of the day, and do I listen?

What simple practice—movement, breath, creativity—hands me back to myself?

“When you release, the world releases you.”-Zen Saying

Pairs with: “Banho Das Seis” post — [Spunky Mind](#)

“Simply Breathe; Nature and Yoga will do the rest.”

Cheers! Kether, Spunky Mind