

Under a Canopy References

Music

The Phantasy Quintet Vaughan Williams played by Garfield Jackson and the Maggini Quartet 2001.

Poems

Read by Victoria Duarri Handley

Rhododendron Wood by Helen Overell 2019

Beauty or the Beast by Sue Beckwith 2019

Books

Joseph Hooker's Rhododendrons of Sikkim-Himalaya. J D Hooker. Kew Publishing. First Published 1849.

Rhododendrons A Wisley Handbook The Royal Horticultural Society. Cassell Ltd 1985.

The Mindful Way through Depression Williams et al. The Guildford Press, London 2007.

Change your Mind; a practical guide to Buddhist meditation Paramananda. Windhorse Publications. 1996

The Rhododendron and American Plants. Rand, E. Cambridge 1871.

Mindfulness and the Natural World Thompson, Claire 2018 Leaping Hare Press

Mindfulness and the Art of Drawing Greenhalgh, Wendy Ann 2017 Leaping Hare Press

Websites

<http://www.starcross.org/mindfulness/haiku-a-spiritual-path/a-brief-haiku-exercise/>

<https://www.mnn.com/earth-matters/wilderness-resources/stories/how-do-trees-survive-winter>

<http://archive.kuow.org/post/scientists-peek-hidden-world-tree-roots>

<https://spaceplace.nasa.gov/stratosphere/en/>

<https://science.howstuffworks.com/nature/climate-weather/atmospheric/question479.htm>