Music


Poems

Read by Victoria Duarri Handley

*Rhododendron Wood* by Helen Overell 2019
*Beauty or the Beast* by Sue Beckwith 2019

Books


*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


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

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