

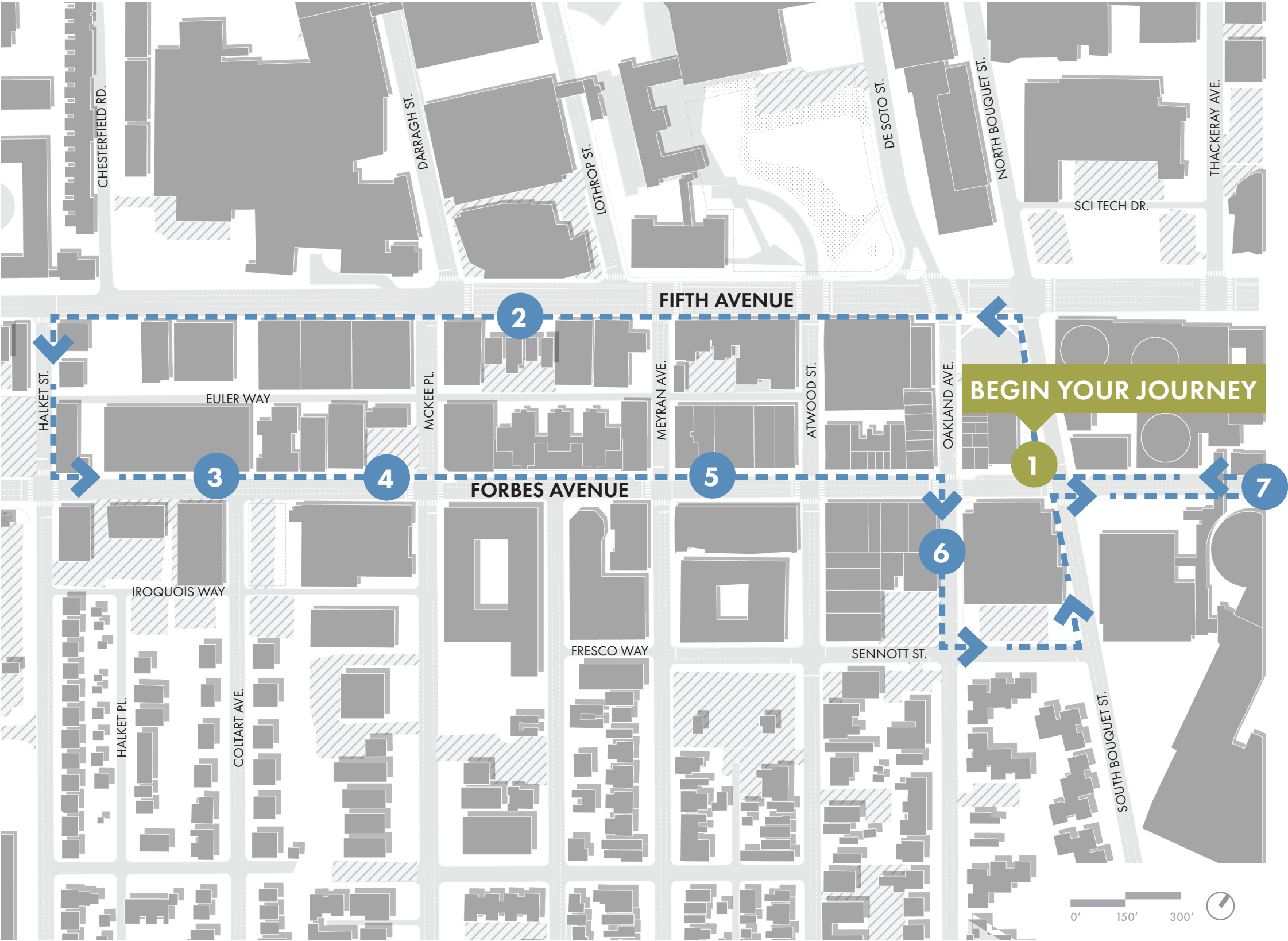
# OAKLAND'S MINDFUL MILE

The Mindful Mile Project recognizes the undeniable connection between nature and holistic health. In response to the demanding pace of modern urban life, we have crafted a rejuvenating one-mile loop through the bustling streets of Oakland, providing residents, workers and visitors alike with a much-needed respite. This unique project is designed by a Certified Forest Therapy Guide, ensuring a thoughtful and immersive experience that fosters a mindful connection with the surrounding natural environment and business corridor.

Embarking on the Mindful Mile involves more than just a walk—it's a journey of self-discovery and well-being. As you traverse the carefully curated route through the business district, you will encounter mindful prompts strategically placed along the way and throughout the commercial district, encouraging moments of reflection, relaxation, and awareness. By incorporating mindfulness into this urban setting, we aim to alleviate stress, improve focus, and promote a sense of balance in the lives of those who engage in the Mindful Mile.

This is a URA grant funded initiative.

- 1 **Forbes Plaza**
- 2 **Fifth Avenue Brownstones**
- 3 **Black bench on Forbes Avenue**
- 4 **Lot adjacent to Next Tier Bank**
- 5 **Yellow bench on Forbes Avenue**
- 6 **Outdoor Dining on Oakland Avenue**
- 7 **Return to Forbes Plaza**



# OAKLAND'S MINDFUL MILE

The Mindful Mile is your time.

We encourage you to use this time in a way that best suits your needs each time you complete it. It can be used for physical exercise by jogging, running, or walking briskly, or mental relaxation by walking slowly and with intention throughout the course. Depending on your pace it will take approximately 20-30 minutes to complete.

Before you begin, take a few deep calming breaths. Whether you are using this time to relax, reconnect with yourself, or get in some quick exercise, set your intention.

1

**Forbes Plaza**  
Corner of Forbes Avenue  
and South Bouquet Street

Begin to notice your surroundings. What do you feel (ex. clothes against your skin, the wind blowing, the ground under your feet). What do you hear? Birds chirping, people engaged in conversation, or maybe even silence.



Walk to Fifth Avenue and make a left

2

**Fifth Avenue Brownstones**  
3506 – 3508 Fifth Avenue

Pay attention to the various colors, notice shades of the same color.



Walk along Fifth Avenue and take a left on Halket Street near Sciulli's Pizza, then make another left on Forbes Avenue.

3

**Black bench on Forbes Avenue**  
3435 Forbes Avenue

Sit on the black bench near Arby's and notice any movement. This can be movement on the street from passing cars, people walking by, or even movement you observe within yourself.

4

**Lot adjacent to Next Tier Bank**  
Corner of Forbes Avenue  
and McKee Place

Note any trees, plants, and flowers around you. Observe the colors, textures, and smells. Take a few minutes to appreciate nature even in an urban setting.

5

**Yellow bench on Forbes Avenue**  
3605 Forbes Avenue  
Near the Big Idea Center & Hello Bistro

Sit on a bench and notice what you hear. What sounds are close by and what sounds are far away? Notice human-made sounds and sounds from our natural world.



Continue along Forbes Avenue  
Make a right on Oakland Avenue

6

**Outdoor Dining on Oakland Avenue**  
Grab a drink and a small bite to eat. Sit at one of the tables and notice what your food/beverage feels like, how it smells, tastes, and makes you feel as you eat/drink it?



Continue along Oakland Avenue

Turn left on Sennott Street

Turn left on S. Bouquet Street



Take a right on Forbes Avenue

Walk towards the light at the crosswalk near the UPS Store

Safely cross the street

Make a left and walk back on Forbes Avenue

7

Return to Forbes Plaza

As you walk, notice how different surfaces feel under your feet. If you feel inclined, take a moment to send gratitude to the Earth with each step.

Think of something you are grateful for and notice how it makes you feel.

Self-care is not a luxury. Give yourself some gratitude for being on this journey.

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Please be mindful of your surroundings and walk at your own risk to ensure a safe and pleasant experience.

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[mindfulmilepgh.com](http://mindfulmilepgh.com)

