A program of the TKF Foundation
Communities across the country are looking for ways to uplift and unify neighborhoods; combat crime and improve public health.
Our lands and waterways are crying out for protection and healing.
US Capitol
The House

D Street N.W.
US Senate
The concept.
Open Spaces, Sacred Places
Amazing Port Street Garden
130 Grants for Open Spaces Sacred Places designed through a collaborative community creation process
4 Design Elements

**Portal**
When one passes through an archway, a gate, a stand of trees, a pergola, or other marker there is a clear movement from the space of everyday life and functioning.
One enters a reflective space and encounters the fascinations of nature.

**Path**
Whether linear and well-defined, or more meandering, a path allows one to focus attention and achieve a mindfulness about the surroundings. A path can ground one with the earth while offering a sense of connection to a greater reality that is sacredness.

**Destination**
An appealing feature or end point draws in a person to the welcoming space. The sojourner, however brief, is rewarded by a feature that encourages quiet, fascination, joy, and spiritual connection with nature.

**Surround**
Design elements — such as plantings, fencing, or trees — provide an encompassing sense of boundary, safety and enclosure within the Sacred Place.
Portal, path and destination invite one to experience a space; the sense of surround ensures that one experiences a sense of being away and an emotional separation from the stress and challenges of life.
Hundreds of thousands of journal entries provided some compelling evidence.
Bring the science.
The Nature Sacred Program
A Network of 70+ Sacred Places.
Garden Enhancement
Programmatic Opportunities
Storytime in the Garden
Nature as a Teacher Mindfulness Program
A live lab for idea incubation + collaboration.
Bench Keeping
Fast facts, compelling research & tasty advocacy snacks

There's a growing body of evidence to help power your case for an urban green space—a Sacred Place. Here's a compilation of research summarized into short posts or easy-to-share graphics—that support the creation of local Sacred Places.

Impact Areas

- **Health**: Improve your health; lower depression rates, new research confirms.
- **Social cohesion**: Discover how green spaces help build stronger communities.
- **Disaster recovery**: Find out how natural space helps employ others and communities improve.
- **PTSD and Recovery**: Learn how nature can help people recover from traumatic events.
- **Design & Restorative Places**: Discover how specific design elements can improve mental health.
- **Urban Resilience**: Get informed on what makes nature a key component in resilient urban environments.

Do I need to like nature to benefit from being outside?

How much does nature reduce stress?

Stress Reduction

Exposure to nearby nature can effectively reduce stress.

Source: FeelingStressed? Take a Time Out in Nature
How to create a Sacred Place?

Once you’ve got the gist of what makes a Sacred Place, well, sacred—here’s what you need to know to get started. Explore our step-by-step guide—our Nature Sacred Process Design—that shows you how to create a Sacred Place, with related resources to support you on your journey.

Each Sacred Place is intended to reconnect people with nature—to restore our minds. Regain perspective. Find balance. Renew ourselves.

From smaller, urban pocket gardens to more expansive, institutional parks, each Sacred Place is tethered together by the following core principles. These are the underpinnings of each space—the ethos that make them impactful.

Open.

Physically open and accessible to visitors regardless of race, creed, background or beliefs—all are welcome.

Sacred.

Designed to bring respite, encourage mindful reflection, engender peace.

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<table>
<thead>
<tr>
<th>Bench</th>
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<tbody>
<tr>
<td>A signature bench that invites people to pause—to sit, breathe, be present, re- enjoy space in nature, and each other.</td>
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<table>
<thead>
<tr>
<th>Journal</th>
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<tbody>
<tr>
<td>Tucked in each bench is a blank yellow book and pen; available to any visitor to share thoughts and experiences on the page—a simple notion with a powerful cathartic outcome.</td>
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<thead>
<tr>
<th>Vision</th>
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<tr>
<td>Every Sacred Place needs a Fireco: an impassioned individual (or two!) who believes in the power of nature to unite, support and heal their community—meaningful and lasting ways.</td>
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<tr>
<th>Sense of Place</th>
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<tbody>
<tr>
<td>Each community has a unique story which can be conveyed via artifacts, design—stories that share its history, giving a sense of pride and place.</td>
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TKF hotline
THANK YOU!