

WALKING MEDITATION

Walking meditation can help to increase mindfulness. It allows us to become more aware of how our body feels. We can also become more aware of the environment around us. Walking meditation allows us to notice things that we often miss as we move from one place to another. Walking meditation takes practice. Over time it can lead to feelings of relaxation.



FIND A LOCATION.

Find a path or space that allows you to walk back and forth for 10-15 paces.

BREATHING

Breathe in for 4 seconds,
Hold for 4 seconds,
Breathe out for 4 seconds,
Hold for 4 seconds



START YOUR STEPS.

Walk 10-15 steps along the path that you have chosen. Pause to take a long, deep breath. Turn around and walk the same 10-15 strides back to where you started. Repeat this process for as long as you'd like.



SPEED.

Walking meditation is slow and involves taking small steps. It should feel natural. Take a breath in as you step with one foot and release your breath as you step with the other (right foot, breathe in; left foot, breathe out)



FOCUSING YOUR ATTENTION.

During your walk, concentrate on one or more feelings within your body that you normally don't pay attention to. This could be your breathing in and out, or the stretch of your legs as you walk.



WHEN YOUR MIND STARTS TO WANDER.

There will always be distractions, no matter how hard you try to not focus on them. If this happens, try to focus on the walking process. (When your feet hit the ground or how the environment moves.)

