

HOW TO WALK MINDFULLY

1 WHAT DO I NEED TO BEGIN?

Understanding and acceptance of what you are going to do.



An area to walk in.



Meditation track on a music player, watch, clock or device (optional).



2

WHAT ARE THE STEPS?



Stand still and upright. Become aware of the ground supporting your feet and the balance of your body.



Slowly take a step forward noticing your change in balance.



Lift your left foot ...still noticing the changes of weight and balance.



As you keep walking, bring your awareness to stages of each step.



Continue to walk staying aware of the changes in balance.



Stop walking when it is a safe moment to do so. And stand still for a few moments to reflect on your



Decide when and where you practice mindful walking. Indoors or outdoors.



Decide how long you will practice. You can play a meditation tape set to the amount of time you intend to practice.

3 WHAT ARE THE BENEFITS OF MINDFUL WALKING?



It connects you deeply with the environment.

It gets you out of your head.

It allows you to commune with nature.

It helps you connect with your body.

It slows you down.

It strengthens concentration.

It increases your awareness of intention.

It expands everyday mindfulness.

It helps you connect to the present moment.