

Mindful Walking

Meditation isn't necessarily about being still. For some people movement is helpful for becoming more aware of their bodies and minds, as well as the present moment. Choose a route, preferably outdoors, where you can walk uninterrupted for at least 10 minutes. Dedicate the time simply to walking, not getting to a destination or running an errand.

Before beginning your walk, stand still for a few moments, focusing on your breathing. Take note of how your entire body is feeling.

As you begin to walk, bring your full attention to the movements and sensations in your body.

Notice the way you carry your body—the feelings in your feet, legs, arms, chest, and head.

Once you have connected with the sensations in your body, begin to open your attention to the sights around you.

If you find yourself distracted by other thoughts, simply return to the focus on the movements of your feet, your breath, or the sensations in your body.

When you are done, notice how you feel.

