

**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 time to simply walking, not getting to a destination.

1. Before you walk, stand still focusing on your breath.
2. Note of how body is feeling.
3. Start walking.
4. As you walk, notice the way you carry your body.
5. Notice any thoughts or feelings that arise.
6. Open your attention to the sights around you.
7. If you get distracted, simply return to the movement of your body as you walk.
8. When you are done, notice how you feel.