

Mindful Walking Meditation

Walking is something we tend to do automatically. We spend our day in so much busyness, often hurrying to get somewhere rather than being present with ourselves and our bodies.

Mindful walking may serve as a way to calm and ground ourselves into the present moment with every breath and every step we take.

As you walk to your classroom, office or to run errands, try to walk differently.

For example, you might walk a bit more slowly than usual, lifting your foot with your in breath and placing it with your out breath or you can take one breathe for each three steps, then take one breathe out for three steps.

Notice the sensations of walking - in your feet and throughout your whole body.

There is no right or wrong way of doing this exercise. Just notice how this experience feels for you.

Adapted from A Mindfulness - Based Stress Reduction Workbook by Bob Stahl, Ph.D. and Elisha Goldstein, Ph.D.

<http://www.encinitasmindfulness.org>