



Mindful walking

We slowly get up into a standing position.

Let us start with the weight equal on both feet... then slowly shifting the weight over to the right foot... then gently over to the left foot... and back to the right...

All the while we can notice sensations in the legs and feet... Then let us come back to the centre...

As we start to walk, we gaze down at first, then we can also look straight ahead, spaciouly... while keeping our head still.

We take care of keeping enough space between ourselves and the person in front of us, this means we do not walk too quickly nor too slowly.

The objective is to stay fully present as we walk, at a “slow normal” pace.

At first, we may be present and notice our surroundings, but the mind quickly gets caught up in distraction. When we notice our mind has wandered, we just re-anchor ourselves in the present moment by focusing attention on sensations in the feet for a few steps and/ or observing our breath whilst still aware of everything around us.

Finally, we come back to our seats and sit down quietly.

Based on: Mind with Heart, Connected Teachers