

MINDFUL *Walking*

Mindful walking is a practice that involves bringing full attention and awareness to the act of walking. It is an opportunity to cultivate mindfulness and experience the present moment more fully. Studies have shown that practicing mindful walking can help reduce stress, improve concentration and encourage a deeper connection with nature.

Here's a simple guide to practicing mindful walking:

1. Find a suitable location: Choose a peaceful and safe place for your walk. It can be a park, a quiet street, or any other place where you can walk undisturbed.
2. Start with intention: Before you begin walking, take a moment to set your intention for the practice. Decide to be fully present and bring awareness to each step.
3. Walk slowly and attentively: Begin walking at a slower pace than usual, paying close attention to the physical sensations of walking. Notice the movement of your feet, the shifting of your weight, and the contact of your feet with the ground.
4. Engage your senses: Bring your awareness to the sensory experience of walking. Notice the sights, sounds, smells, and textures around you. Stay open and curious about your environment.
5. Stay present: Whenever your mind wanders, gently bring your attention back to the sensations of walking. Be aware of any judgments or thoughts that arise and let them pass without getting caught up in them.
6. Practice gratitude: As you walk, cultivate a sense of gratitude for the ability to walk and the opportunity to be in the present moment. Appreciate the beauty and wonders around you.
7. Duration: You can practice mindful walking for as long as you like, but it's often beneficial to start with shorter durations and gradually increase the time as you become more comfortable with the practice.

Remember that mindfulness is a skill that develops with regular practice. By incorporating mindful walking and rambling into your routine, you can experience the numerous benefits it offers.

