



Walking meditation

- Slower movement to help calm your mind and body
- Good for restlessness and focus
- Practise anywhere

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Cautions

- Check your practice space is clear of obstacles and you will not slip or trip

Tips

- When your mind wanders, bring it back to walking and breathing
- If you want to add seated meditation, start with 5 minutes of walking first, sit for 1 minute, then repeat
- Gradually increase

Position

- Look at the ground a short distance ahead
- Relax face and arms
- Hands together, left hand over right
- Or hands down by sides

Moving

- Walk at a slower pace
- Go clockwise if doing circuits
- Try it outdoors, during exercise
- Focus on slow, steady breathing
- Feel your feet on the ground with each step

“Stars rise.

Moths flutter.

Apples sweeten in the dark.”

Eavan Boland,
Irish poet and writer

For help with your meditation and yoga, write to:

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