

Mindful Walking

Same feet, different walks

Time	Where	You need
15 to 20 minutes	Room to walk	A bell or chime

What to notice as you walk

- Feelings: worry, happiness, anything else
- Your hands, back, posture and face
- Thoughts: past, present, future
- Around you: sounds, light, air, sensations

Guidelines

- Look out for each other's safety.
- Go easy on yourself and others. This will be a little different for each of us.
- Honor your own experience and everyone else's.
- Walk quietly and stay with the moment. Hold discussion until we regroup.

The walks

The facilitator reads a prompt. A bell marks the start and end of each walk.

- 1 You've just gotten out of bed and are walking to start your morning routine.
- 2 You're in the airport, heading to your plane.
- 3 You've parked at the gym and are crossing hot blacktop with a bag. It's been a long day.
- 4 You're on a forest path lined with maple, oak and birch. You hear birds and a slight breeze.
- 5 You're walking right here, right now, with others who are also here. Walk at your own pace, noticing your breath, your posture and each step.

Talk it over

- What was that like? What differences did you notice between the walks?
- What did you notice in your thoughts, feelings and surroundings?
- How might this fit into everyday life? Into helping others?