

Mindful movement teaches us to be mindful of our surroundings. There are practices that lead us to focus on the breath and mindful of our thoughts within the transition and sustaining of a movement.

### Mindful Walking Meditation "Steps"

1. Find a quiet place.
2. Start your steps. Take 10-25 steps in one direction, then turn and walk in the opposite direction. Turn back and continue the walk.
3. Notice the four components to each step:
  - a. the lifting of one foot;
  - b. the moving of the foot a bit forward of where you're standing;
  - c. the placing of the foot on the floor, heel first;
  - d. the shifting of the weight of the body onto the forward leg as the back of the heel lifts, while the toes of that foot remain touching the floor or the ground.
4. Notice the size of your steps. Typically, small steps are recommended.
5. Clasp your hands in front of you or behind you.
6. Focus your attention on sensations you would normally ignore. Your breath, what is coming in and out of your body. What are you feeling?
7. When your mind wanders, bring it back to focusing on your sensations in the bottoms of your feet.
8. Make mindful walking a habit that you integrate into your daily life.

From The Greater Good Science Center  
[https://ggia.berkeley.edu/practice/walking\\_meditation](https://ggia.berkeley.edu/practice/walking_meditation)

## Teaching Points

Mindful movement meditation may involve activities in which participants are guided to take poses or to move their bodies in extended or sustained ways. Three considerations for teaching others are listed:

1. Safety. Ensuring that participants engage in practices in ways that are safe and respectful to their body. Suggestions for keeping participants safe include:
  - a. Clear guidance on working with physical limits at the beginning of practice.
  - b. Reminders about working in safe limits for Your body.
  - c. Reminders it is OK to not do a posture or make a modification
  - d. Encourage participants to listen to the wisdom of their own body
  - e. Remind participants to not compete with themselves or others
2. Breath guidance. Continue to use good breath guidance instructions and reminders.
  - a. Reminders to breathe fully and freely
  - b. Guidance to relax into postures and into regions of intensity
3. Invite detailed awareness of moment by moment experience.
  - a. Hold postures long enough to let go within them
  - b. Rest between postures to allow for sensation of the effects of the movement
  - c. Encourage participants to explore and discover the edge between exploring, discovering, letting be, being with, among other attitudes.
  - d. Reminders to relate to the body with friendliness and enjoyment of the body
  - e. Guide participants to discover the relationship between physical experience and emotional experience.
  - f. Support participants to learning to accept physical limitations and relate in new ways to pain

Thoughts? Questions?

### Mindful Walking Meditation

Go to Mindfulness Exercises.com to the guided Mindful Walking Meditation.

<https://mindfulnessexercises.com/course/day-20-walking-meditation/>

Follow this mindful walking meditation in your personal practice. If you are seeking the Certificate of Completion, log your practice and your teaching of others on three occasions.

### Reflection Questions

Now that you have been introduced to mindful walking - give it a try for two weeks. Are you noticing a difference in your energy and sense of well-being?

As a guide to others, what are your questions about managing the pacing of a movement meditation?

What additional training or experience do you need to lead others in a movement meditation?