

5 min walking meditation

 Walking while being aware of each step and of our breath without a goal or intention.

Are you feeling any of these throughout your day:

- Foggy
 - Stiff
- · Tired
- Drained

These are some symptoms that you need to step away from your desk/work area and come back to the present moment on what's important.

Can be done:

- In a hallway
- Outside (my personal favorite place, fresh air and movement)
 - · In a room
 - Anywhere!

Walk in a straight line anywhere from 10-15feet.

Moving at a very slow pace, take one step at a time starting with your heel moving through your foot till all 5 toes are down. Pause. Lift up the other foot and do the same.

Arms down by your side
Deliberately put your mind down into your feet.
Use a simple verbal cue like "lifting, moving, placing" as a reminder to bring the mind back to the body.
When you get to the end of your short path take time to turn around and come back. So it's a continuous loop back and forth.

After about 5min you will start to feel more centered and grounded. Your mind will be clear and ready to go back to work feeling focused and alert.

Remember to take a second when completed to just feel the calmness in your body.

If you liked that scan For more helpful resources