



WALKING MEDITATION

Walking Meditation is a way to practice meditation in motion.

If sitting is painful or agitating to you, walking is a great option. If you walk for exercise on a regular basis, you can incorporate meditation into your routine.

There are **two main types** of walking meditation:

Formal

You **attend to the walking itself, focusing on the detailed movements in your body** that are involved in **walking and being fully present with each step.**

You are not walking to get any place; back and forth on a lane or around in a loop.

Choose a **somewhat private place, especially if you are going very slowly**, such as your living room, a path in the woods, etc.



WALKING MEDITATION

Informal

Walk mindfully while exercising, walking your dog, or walking down the hallway at work

Remind yourself to be in the moment and notice your body

Options for either type:

Can be done slow or fast.

Can coordinate the breath with the gait; for example, inhale for 2 steps, exhale for 2 steps.

Can count the steps in silence in a pattern with or without breath coordination.

Can add a mantra to your footsteps instead of counting; sync the words or syllables with your steps. Example: Left foot "I", Right foot "am", Left foot "well", Right foot "I", Left foot "am", Right foot "well", Repeat.



WALKING MEDITATION

Informal

Walk mindfully while exercising, walking your dog, or walking down the hallway at work

Remind yourself to be in the moment and notice your body

Options for either type:

Can be done slow or fast.

Can coordinate the breath with the gait; for example, inhale for 2 steps, exhale for 2 steps.

Can count the steps in silence in a pattern with or without breath coordination.

Can add a mantra to your footsteps instead of counting; sync the words or syllables with your steps. Example: Left foot "I", Right foot "am", Left foot "well", Right foot "I", Left foot "am", Right foot "well", Repeat.



WALKING MEDITATION

Tips:

If you are easily distracted when only noticing movements of the body, try layering in the breath coordination and/or counting until you are more **focused**, then let go of the breath or the counting and come back to movement awareness only.

If you are **used to always walking quickly, challenge yourself to walk slowly** and notice how that changes your experience.

“The walking is just as good as the sitting.

What is important is how you keep your mind.”

Jon Kabat-Zinn from *Wherever You Go There You Are*