



# Walking meditation

It's not uncommon for people to find meditation challenging.

Everyone can benefit from the peace and focus meditation provides. This is where a walking meditation can help. Instead of sitting still, walking offers a point of focus for meditation while also allowing gentle movement.

Walking could be the key to making meditation work for you.



## BENEFITS OF WALKING MEDITATION

Research shows walking while meditating is good for you! It combines the health benefits of walking with the mindfulness of meditation. Together they may provide:

- Decreased anxiety and depression symptoms
- Better pain control
- Lower blood pressure
- Better mood
- Improved sleep

## HOW TO PRACTICE

Try this simple walking meditation to see if it is right for you. Remember, practice makes progress! The more often you practice, the easier meditation (and walking) will become.

1. Find a place you can walk safely.
2. Begin at a slow, comfortable pace. No speed walking!
3. As you walk, focus on the movement.
4. Observe the feel of your feet and legs. Notice any physical sensations.
5. Focus on your steps and your breathing.
6. Try for 10 to 15 minutes every day.

You can even do this practice indoors, walking a slow pattern around your home.