

SUPER TROOPERS

with



Mindful Walking

Mindful walking simply means being aware of each step and breath we take as we walk. It can be practiced anywhere; in the garden, at the park, on the beach or even at home. A number of benefits have been associated with mindful walking. These include not only the physical benefits of walking such as a reduction in blood pressure, heart rate and stress but also an increase in the feelings of wellbeing, mood and sleep quality we experience.

Super Troopers with Laya Healthcare has put together some tips to get you started on your mindful walking.

1. **As you begin, walk at a natural pace. Place your hands wherever they feel most comfortable: on your belly, behind your back, or at your sides.**
 - › Try counting your steps up to 10, and then start back at one again. If you're in a small space, as you reach ten, pause and choose a moment to turn around.
 - › Pay attention to the lifting and falling of your feet. Focus on the movement in your legs and the rest of your body and notice any shifting of your body from side to side.
 - › Sooner, or later your mind will wander off. As soon as you notice this, try to bring your attention back to your breath or your senses (the contact of your feet on the ground, the air on your skin).



SUPER TROOPERS

with



Mindful Walking

2. Extend your awareness to the environment around you.

- › What can you hear? Pay attention to the sounds around you, without naming them.
- › What can you smell? Be aware of your sense of smell; freshly cut grass, the sea air, flowers and plants. Again, just bring your attention to the scents around you, whatever you discover.
- › What can you see? See what sights are to be seen in soft focus - noticing the colour, texture and movement. How is the light as you walk?
- › What can you feel? Can you feel the breeze blowing your hair? Your t-shirt moving against your skin? The wind on your face? Does the air feel crisp or cold?
- › What can you taste? Does this change during your walk?

3. Try to keep this open awareness of everything as you walk.

4. Nearing the end of your mindful walk, come back to your awareness of the physical sensations of walking; notice your feet again touching the ground and the movements in your body with each step.

- › Once ready to end your walking meditation, stand still, pause and choose a moment to end the practice. Consider how you might bring this kind of awareness into the rest of your day.

