

## The Mindful walk

Pick a route that you know well.

You know where you are starting your walk.

You know where you are ending your walk.

Take the same route every day for your daily walk, for 4 weeks.



The walks can take place in your place of work. they do not have to be long walks.

On the first walk, pick 5 things that interested you when you first noticed them. Examine the object as close as you are able, pick three characteristics of the object that interest you most about them. Make a quick sketch of the object and note the three characteristics that interested you.

On the next three walks look for things around your first objects that you did not notice the first time.

On all subsequent walks find 5 things that you have never noticed before. You can either write down and describe the new daily objects, or just make a game out of finding new things.

While on your walks practice your diaphragmatic breaths in sets of 5.

You should attempt to take at least one walk a week that is over one mile in length. Again, on these walks look for 5 things that you have not noticed before.

You are training your mind to relax naturally while taking a walk. The more you practice these walks, the more you will notice how you feel when relaxed.

Experienced mindful walkers experience moments of intuition, finding answers to things they have looked for, or have been bothering them.