



WALKING MEDITATION

Purpose: connect with your body, slow down and relax your mind, connect with nature in silence.

Preparation: no preparation needed. You just need to tell the group that you will have a walking meditation outside for 10-20 min in silence.

Duration: 10-20 min

Group size: up to 60 people

Age: 18+

Process:

Once everyone is gathered outside, ask participants to walk in silence for the next 10-20 min, while you will be guiding them through a walking meditation.

An example of guidance you can use:

Take couple of deep breaths in and out to start connecting with your body, the nature around you, to feel the ground beneath you. You can take couple of more deep breaths in and out to come to this present moment, to ground yourself and to start calming your mind and body. We can start breathing naturally, in our own rhythm.

We will start walking slowly, gently touching the Earth and with each step we take, we will notice the beautiful nature all around us. If your mind starts wondering, bring it back by focusing on the breath you take in and out, and observing every step you take. Notice how you lift your feet a little bit before placing it on the ground. Remember to keep on breathing gently and in your own rhythm.

While you are mindfully walking in silence, observe the nature that is surrounding you. What do you see around yourself? Are they leaves falling down? Do you hear the birds singing? What do you see and hear around yourself?

After walking for 5 min, invite participants to stop for a moment and touch the grass or a tree, connect with the nature. You can invite them to close their eyes for a moment and feel all the sensations in their body. How does it feel to stand still? Stay there for 1-2 min before you start walking again.



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Now for the remaining 5-10 min tell to participants that you will stop talking and we will be walking in silence until we come back to the training room.

Once you bring back participants to the training room, you can do a small reflection:

- How did it feel to walk in silence?
- What sensations did you feel in your body?
- Did you have thoughts coming in? Would you practice mindful walking at home?



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