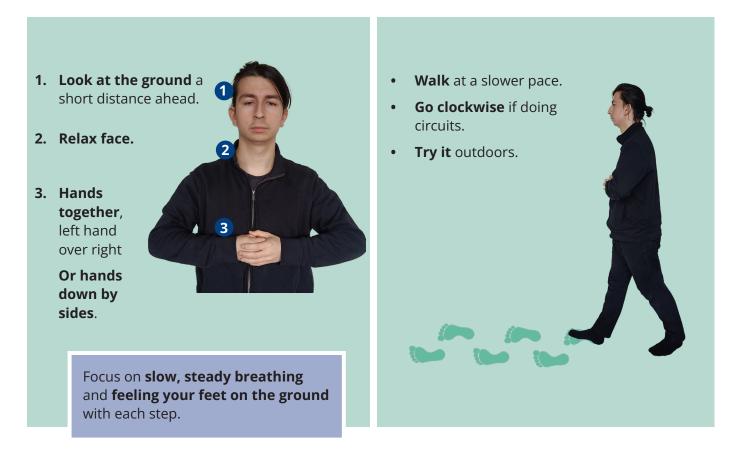
Body, Breath, Mind Walking Meditation



- Slower movement to help calm your mind and body
- Good for restlessness and focus
- Practise anywhere



Cautions

• Check your space is clear with no trip hazards.

Tips

- When your mind wanders, bring it back to walking and breathing.
- If you want to add seated meditation, start with 5 minutes of walking first, sit for 1 minute, then repeat.

May your good Spirit lead me on level ground.

Psalm 143, The Bible