

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

1. **Look at the ground** a short distance ahead.

2. **Relax face.**

3. **Hands together,** left hand over right
Or hands down by sides.



Focus on **slow, steady breathing** and **feeling your feet on the ground** with each step.

- **Walk** at a slower pace.
- **Go clockwise** if doing circuits.
- **Try it** outdoors.



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