

Walking Meditation

Benefits

- Aids digestions
- Increases blood-flow
- Reduces anxiety
- Reduces depression
- Boosts mindfulness
- Improves sleep
- Enhances balance

1: Find a path



2: Put hands in Shashu mudra (hand wrapped around fist)

3: Begin walking slowly

4: Meditate on movement of feet.

5: Mindfully observe surroundings

6: Walk 20m. Turn and repeat.

Guide To Walking Meditation Dvd

Michael Rajnik



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