PRACTICE MINDFUL WALKING REGULARLY TO ENHANCE FOCUS, AWARENESS, CONNECTION, AND RELIEVE STRESS.

CONNECTING WITH NATURE

Begin by standing still and becoming aware of your body. Take a few deep belly breaths to bring your awareness into the present moment. Feel the sensation of each breath as it enters and leaves your body.

As you start to walk, pay attention to how your body feels. Notice the sensations in your legs, feet, and arms with each step you take.

If you find your mind wandering, gently bring your attention back to the present moment with the next step you take.

Take time to appreciate the beauty of the natural world around you. You could notice the sounds of birds chirping, the rustling of leaves in the wind, and the warmth of the sun on your skin.