

WALKING MEDITATION

You don't have to sit still for 30 minutes in order to feel peaceful. Walking meditation will give you a break and allow you to come back to your desk feeling focused and energized.

1. Find a location that is relatively peaceful and where you won't be disturbed.
2. As you walk, become aware of how the ground feels beneath your feet.
3. Concentrate on regulating your breathing.
4. Become aware of the nature sounds surrounding you that you would usually ignore.

How does walking meditation make you feel?

