

A REAL SLOW AND QUIET WALK

In this exercise, you are going to notice how you walk. It's a real slow walk that can help you slow down when life seems a bit too fast. Let's begin with ten steps and then you can always increase it over time.

Time Needed: 1 MINUTE

Location: ANYWHERE

Before you do anything, notice your posture. Do you stand straight, or do you slouch a bit? Be sure you stand tall for this exercise.

Notice where your arms are. Do you fold them in front of you or put your hands in your pockets? Let your arms hang relaxed by your sides.

Let your eyes look ahead. It may be easier to focus on something in the distance.

With each step, you are going to take a breath, in and out. Then pause. And then take another step.

Step One: As you lift your foot, breathe in, and as you place it down, breathe out.

Pause.

Step Two: Breathe in as you lift your foot; breathe out as you put it down.

Repeat until you have taken ten steps. (It may help to count inside your head as you do this, like so:

One as you breathe in and out.

Two as you breathe in and out.

Three as you breathe in and out.

Continue until you reach ten.)

Now, count to ten in your head before you end the exercise. Let your breathing go back to normal and think about what it felt like to walk slowly. Did you feel different? Were you more aware of how your muscles worked together to transport you?

