

WELLESLEY COLLEGE

Focus, Breathe & Appreciate Your Walk

Thursdays, 12:30pm – 1:30pm / April 5 – May 10
Meet in front of the Clapp Library



BASICS OF WALKING MEDITATION

Practice: focus and awareness of body & mind, pacing of our steps, and technique of foot placement. Practical ways to incorporate the benefits of walking meditation into everyday activities.

BREATHING

Practice several breathing patterns coordinated with the pace (tempo of our steps) and cadence (length of stride).

SILENT WALKING

Practice the art of quieting the mind and passively listening.

E-MOTIONS: ENERGY IN MOTION

Practice moment-to-moment awareness of emotions rising in the body, creating an intention to make room for them without 'doing' anything about them, and observing how they come and go.

GRATITUDE

Practice tuning into and appreciating all the wondrous things around you.



Harvard Pilgrim
Health Care

www.harvardpilgrim.org