

MINDFUL BODY AWARENESS

MINDFUL WALKING

This exercise is an anchoring practice that is a way to bring awareness back to what is happening in the present moment through the awareness our bodies.

- 1) **Begin by noticing how you are feeling in the moment. There is no need to change anything.**
- 2) **In a standing position bring awareness to how your feet feel, especially how they feel pressing against the floor.**
- 3) **You can notice the different parts of your feet including your arches, the balls of feet, each of your toes. If you like, you can move the toes around.**
- 4) **Notice warmth, coolness, tingling, pressure, and the changing and shifting of these sensations.**
- 5) **Begin to notice the sensation of the soles of your feet touching the floor.**
- 6) **When the mind has wandered, just feel the soles of your feet again.**

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MINDFUL WALKING CONT.

7) To better feel sensation in the soles of your feet, try gently rocking forward and backward on your feet... Try gently rocking side-to-side.

8) Now begin walking, slowly.

9) Notice the changing sensations in the soles of your feet. Notice the sensation of lifting a foot. Notice the sensation of stepping forward and then placing the foot on the floor. Now doing the same with the other foot. And then one foot after another.

10) Continuing to walk, slowly, feeling the soles of your feet.

11) Now returning to standing again, and expand your awareness of your entire body, letting yourself feel whatever you are feeling and letting yourself be just as you are.

12) When you are ready, you are welcome to open your eyes.

Mindful walking activity adapted from :

Baltzell, A., & Summers, J. (2018). *The power of mindfulness: Mindfulness meditation training in sport (MMTS)*. Cham: Springer.

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