

Walking meditation

Walk slowly, with calmness and comfort

Be aware of every movement in each step

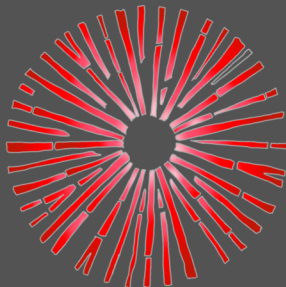
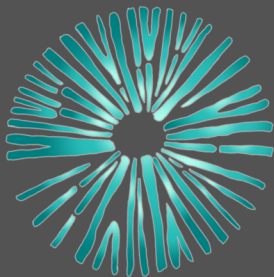
Keep bringing your attention to the present moment

Silently repeat this verse as you walk

Breathing in 'In the here' | Breathing out 'In the now'

Enjoy every step you take

Kiss the earth with your feet, imprinting gratitude as you walk



frances
ross
studio