

Namaste
Now.

POCKET GUIDE:

WALKING MEDITATION ESSENTIALS

namastenow.co

REMINDER PHRASES

- "Present in each step"
- "Walking with awareness"
- "Feet kissing the earth"
- "Here, now, moving"

PRACTICE OPPORTUNITIES

- Morning commute
- Lunch breaks
- Between meetings
- Evening wind-down
- Weekend nature walks

QUICK START GUIDE

1. Pause before walking
2. Feel your feet on the ground
3. Walk at a natural pace
4. Notice heel-to-toe movement
5. Return to walking sensations when mind wanders

PRACTICE VARIATIONS

- **Mini Practice:** 3 mindful steps between activities
- **Short Practice:** 5-10 minutes during breaks
- **Extended Practice:** 20-30 minutes in nature