

10-Minute Walking Meditation Script

1. Preparation (1 minute)

- **Find a quiet, safe space:** Choose a location where you can walk undisturbed.
- **Stand still and ground yourself:** Feel your feet connected to the earth, taking a few deep breaths to center yourself.

2. Set an Intention (30 seconds)

- **Decide on your focus:** Whether it's mindfulness, gratitude, or simply being present, set an intention for the walk.

3. Begin Walking Slowly (1 minute)

- **Start with a slow pace:** Pay attention to the sensation of lifting your foot, moving it forward, and placing it down.
- **Focus on each step:** Feel the ground beneath your feet, the movement of your legs, and the shift in balance.

4. Engage Your Senses (2 minutes)

- **Sight:** Notice your surroundings without judgment. Observe colors, shapes, and light.
- **Sound:** Tune into the sounds around you—nature, your breath, your footsteps.
- **Touch:** Feel the air on your skin, the temperature, and the texture of the ground.

5. Breath Awareness (2 minutes)

- **Sync breath with steps:** Inhale as you take one step, exhale as you take the next. Adjust the rhythm to what feels natural.
- **Observe the breath:** Notice its depth and rhythm, without trying to change it.

6. Mindfulness of Thoughts (2 minutes)

- **Notice your thoughts:** Allow thoughts to arise and pass without getting attached.

- **Gently return to the present:** If you find yourself distracted, kindly bring your focus back to your breath or steps.

7. Gratitude and Reflection (1 minute)

- **Pause for a moment:** Stand still and take a deep breath.
- **Reflect on the experience:** Feel gratitude for your body, the walk, and the environment.

8. Closing (30 seconds)

- **Complete the practice:** Stand still once more, grounding yourself with a few deep breaths.
- **Set an intention for the rest of your day:** Decide how you want to carry this mindfulness forward.

9. Transition Back (30 seconds)

- **Gently return to normal pace:** Gradually pick up speed as you finish your walk.
- **End with awareness:** Bring your attention back to your surroundings as you conclude the meditation.