Walking Meditation Resources

We often imagine the practice of meditation sitting down in the lotus position with our eyes closed. However, there are many ways to meditate, including while in motion. Walking meditation helps us use the normal activity of walking to train ourselves in awareness.

Following are six walking meditations to get you started!

- Mindful Walking
- Morning Brew Walk
- The Fake Commute
- Walking in Awareness
- Walking Meditation for Beginners
- Walking Your Dog in the City

Resources: InsightTimer.com