

The Yoga Club Walking Meditation

This 20 minute practice is based on Breathwalk, from the Kundalini Yoga tradition, incorporating pranayama (breath) and mantra (sound) techniques to improve cardiovascular health, tone the nervous system, boost energy, stabilise your mood, quiet mental chatter and enable you to "be in the moment". Once you are familiar with the techniques you can extend the time to 60 minutes.

Stand in Tadasana (Mountain Pose)

1. Walk at a normal pace, observing your bodily sensations. Then tune into your breath - are you breathing with your chest muscles or with your diaphragm? Is your breath shallow and erratic or smooth and deep? Noisy or quiet? Through your mouth or your nostrils?
Adjust breath to: **nasal, diaphragmatic, quiet and regular.**
2. Co-ordinate your breath with your stride:
Inhale for four steps - Exhale for four steps.
3. Keeping nasal passages and facial muscles relaxed, **inhale quickly through the nostrils (one puff for each step) filling your lungs with air in four parts. Exhale for four steps (one puff for each step).** Continue for five minutes.
4. Walk and breathe normally for three minutes.
5. Repeat steps 2 and 3 again.
With each breath mentally say the mantra **SA - TA - NA - MA**, one sound for each step.

Stop and stand in Tadasana (Mountain Pose) for a few breaths.

