



WISE BODY

Walking Meditation



1. Choose a short path free of obstacles.
2. Set an intention such as to train your mind.
3. Begin to walk naturally.
4. Focus on your inner world, including body sensations, emotions, and thoughts.
5. Other thoughts, judgments, worries will arise.
6. When you notice your mind has wandered, bring it gently back to the task.

What Now? What Else?

After meditating, we'll discuss what we learned:



- What changed in you while you meditated?
- What skills did your practice develop?
- How could bring yourself back to these states?
- Where can you use these skills in regular life?

Wise Body is a group for embodied explorations led by Mags Sheridan.

Come along for the science-based, pleasure-focused experiences of body-mind connection in Sydney & online.

www.magssheridan.com/wisebody



Mags
SHERIDAN



We meet on Gadigal land.
Always was, always will be.