



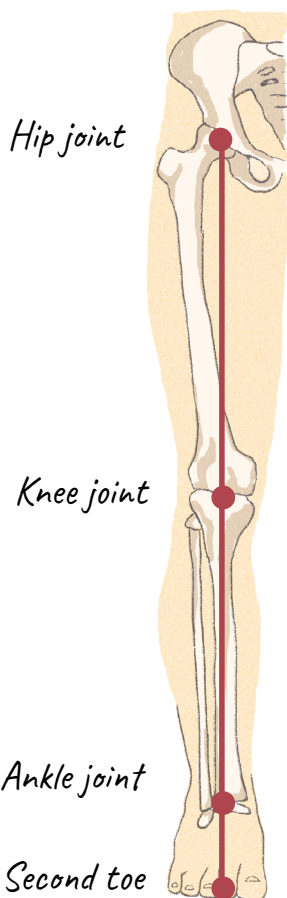
WALKING AND RUNNING MEDITATION

Finding stillness in movement

If yoga or seated meditation aren't quite your style, there are other options. You can also meditate while working on your fitness. So how does this work? Through the techniques of **walking and running meditation**, an active form of meditation that incorporates movement and physical training into the process of mental nurturing and spiritual development.

In this practice, our main focus is on **improving our self-awareness and increasing our ability to concentrate**. We start with a leisurely walk, counting each step to four in our minds, continuously synchronizing the rhythm of our steps with the rhythm of our breathing. Over time, this leisurely walking can transition to moderate running.

This method not only helps improve our mental well-being, but also helps strengthen our physical health and increase the capacity of our lungs. It provides us with a mechanism to control distracting thoughts and refocus on our meditation.



A proper running and walking style is crucial in this process. The goal is to form a line between the second toe, the center of our ankle, and the center of our hip. This is how we protect ourselves from unnecessary stress and potential injury.

There are differences between walking and running meditation. In walking meditation, we first place our foot on the heel, then roll over the entire foot to the toe, and then lift it off the ground. In walking meditation, on the other hand, we start directly with the ball of the foot, which results in a more fluid and dynamic movement.

In order to start successfully with this practice, it is important to stick to a set schedule and always walk the same distance regardless of the weather. Appropriate clothing is essential, as is avoiding possible distractions.

Start with about 20 minutes and then gradually increase both your pace and duration. It can be beneficial to run barefoot or with barefoot shoes, unless you have orthopedic problems or are overweight. In such cases, you should consult a doctor in advance and wear appropriate footwear.

Even if your muscles are a little sore or tight, you can start running meditation. Start with one day of running meditation and then take two days off to recover. Repeat this routine three times a week. Once you no longer feel sore muscles, you can add another day and continue this routine for a few weeks. Keep in mind that it will take your joints about six months to adapt to the new load. So remember, less is often more!

The **practice of mindfulness** is central to this exercise: be aware of your thoughts and sensations, and keep returning to the rhythm of your steps and breathing.

And remember: start slowly and don't overexert yourself.
If you experience any pain, please consult a physician.

We hope this introduction will help you begin the practice of walking and running meditation and strengthen both your physical and mental health.

Watch our video tutorial (in german) on our YouTube channel [Bodymind Therapy Berlin](#).

