

**Duration:** 2-3 minutes

**Find a Quiet Space:** Stand in a quiet space where you won't be disturbed.

## **Begin with Breath Awareness (30 seconds)**

- Stand comfortably with your feet shoulder-width apart.
- Take a few slow, deep breaths to centre yourself and create a sense of calm. Focus on your breath as you inhale and exhale.

## **Scan (1:30 min)**

### **Sensing the Buttocks (20 seconds)**

- Bring your attention to your buttocks. Notice any sensations or tension in this area while standing.

### **Moving to the Hips and Thighs (20 seconds)**

- Gradually shift your focus to your hips and thighs. Observe any sensations, warmth, or tension in these areas while standing.
- Gently move side to side and continue observing what comes up to you.

### **Proceeding to the Knees and Lower Legs (20 seconds)**

- Continue moving your awareness down to your knees and lower legs. Pay attention to how they feel while standing.
- Bend your knees slightly and see what you experience.

### **Shifting to Your Feet (20 seconds)**

- Bring your attention to your feet while maintaining your standing position. Notice the sensations in your heels, arches, and the balls of your feet.
- Explore the ground with them.

## **Fill in a body map (1-2 minutes)**

- Observe any changes or nuances in the sensations, tension, or relaxation in the feet and reflect it by expressing it as you feel like on the body map.

- Be open to any insights or feelings that come from your legs.

## **Walking Meditation (1-2 minutes)**

Transition into the walking meditation phase.

Gently start to walk in a slow and deliberate manner, paying attention to each movement.

- As you walk, maintain your focus on the sensations in your legs, from the buttocks down to your feet. Notice the subtleties in how your body moves and feels while in motion.
- Pay particular attention to the shift of your body's weight from one foot to the other, and how your feet make contact with the ground with each step.
- Allow the rhythm of your walking to be in harmony with your breath, syncing your steps with your inhales and exhales, if that feels comfortable.
- Embrace the present moment and fully immerse yourself in the experience of walking. Let go of any distractions and remain attuned to your physical sensations.

## **Conclusion (1-2 minutes)**

Gradually slow down your pace, and when you're ready, come to a complete stop.

- Stand still for a moment, allowing the transition from walking to standing to be gradual and mindful.
- Take a few deep breaths to recenter yourself and conclude the exercise with a sense of appreciation for the experience.

## **Fill in a body map (1-2 minutes)**

Take a moment to appreciate the experience of this exercise.

- Reflect on "How do your legs feel now compared to before you started?" and "What sensations or changes did you notice during the exercise?"
- Observe any changes or nuances in the sensations, tension, or relaxation in the feet that have arisen since the beginning of the exercise.

For evaluation: how was my approach?