

Name: \_\_\_\_\_

## Mindful Space Practice Card

### Mindful Walking

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Length of Walk\*: \_\_\_\_\_

#### Type of Practice (Circle):

#### **Focused Attention**

Counting Footsteps

Noting "Left" "Right"

Attending to the Sensations of the Feet

#### **Open Monitoring**

Open and Receptive Observation

#### **Connection**

Practicing "May You Be Happy"

#### **Other**

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#### Observations:

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\*Length of walk is to be at least 10-minutes in length. If you are practicing walking to or from work/campus and the walk is less than 10 minutes, see me for a modification.

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