



## HANDOUT 2: SESSION 04

### Walking meditation

**Not mindful: thinking about the future or the past.**

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I've got to hurry,  
I must be on time.



Still upset at my  
friend. Got to stop  
thinking about it.  
Stop.



When I get there  
I'll make an excuse  
about the bus.



Hope I can catch  
the Leaf's game  
tonight.



Better check my  
messages. That  
one's important.



Hey! Damn bike  
almost crashed  
into me.

**Mindful walking: being in the moment.**

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Humm, I'm thinking  
I might be late.  
I'll walk fast.  
Good exercise.  
Breathing in.



The air feels good  
in my lungs.  
Still upset at my  
friend. No big deal.  
We'll talk.



I feel my feet  
touching the  
sidewalk.  
Breathing out.



The cracks in the  
sidewalk feel bumpy.  
Oh look, there's Joe.  
"Hi". Breathing in.



It's April and people  
have their bikes out  
already.



Breathing out,  
1, 2, 3, 4...  
Is that a Robin?  
Nice.