



**ALLOW 30
MINUTES**

Cape St Albans Walking Meditation

Walking meditation in nature is a great way to connect with both your body and the environment around you. It can be a powerful tool for reducing stress and anxiety, improving focus and concentration, and cultivating a sense of peace and tranquility in your daily life.

Our favourite locations for walking meditations are the Cape St Albans Archway Entrance, Kona Beach in summer and the trail towards Cape St Albans Lighthouse highlighted on the map.

Begin by standing still and taking a few deep breaths. Take a moment to ground yourself and allow to become fully present in the moment.

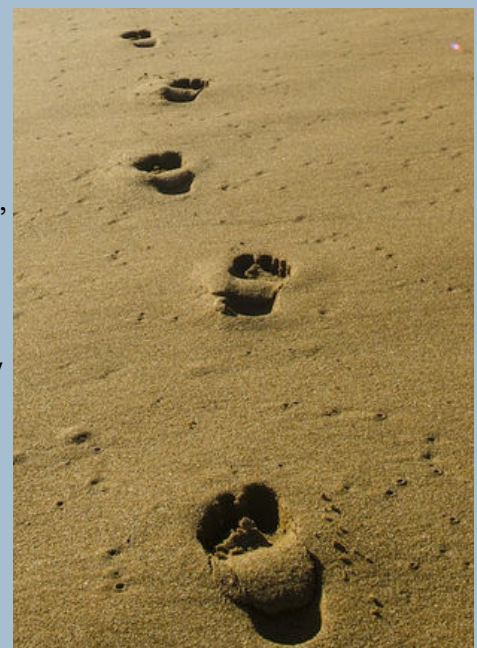
Start walking slowly, with your gaze directed towards the ground a few feet in front of you. Take small and deliberate steps, allowing your breath to guide your pace. As you walk, feel the soles of your feet connecting with the earth, and allow yourself to become fully immersed in the experience of walking.

Begin to pay attention to your breath and your body as you walk. Take a deep breath in, and as you exhale, feel your body releasing any tension or stress. Feel your feet extending roots into the ground beneath you all the way to the center of the earth. As you inhale, feel your body filling up with fresh air and the energy of Mother Earth and, allowing yourself to revitalise.

Continue walking slowly to fully experience the natural environment around you. As you walk, try to let go of any thoughts or worries that come up. If your mind starts to wander, simply acknowledge your thoughts, and gently bring your attention back to your breath and your body. Pay attention to the colours, textures, and shapes of the plants, trees, and other natural elements that surround you.

Take in the scents and sounds of nature and allow yourself to fully connect with the environment. Continue walking for as long as you like, allowing yourself to fully experience the benefits of the walking meditation. When you're ready to finish, come to a stop and take a few deep breaths. Allow yourself to fully integrate the experience and feel the peace and calmness that comes with it.

Well done! We hope you are feeling refreshed, relaxed, and reenergized.



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