

Walking Meditations

author: Danielle North

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Synopsis

author	Danielle North
readBy	Danielle North
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Cultivate mindfulness and bring your mind and body in sync with this beautiful book of walking meditations. Walking meditation, also known as *Kinhin* meditation, is widely practiced in many forms of Buddhism, blending the physical experience of walking with the focused mindfulness of a meditative state. This can be done anywhere, from a few steps at home to a short walk on a bustling street, or a longer hike in a natural setting. Walking while meditating boosts awareness, improves sleep quality, offers mental clarity and facilitates a mind-body connection. It is a practice you can develop each time you leave the house, to help you refocus and come back to yourself. This beautiful audiobook will guide you through the process of finding inner peace while on the move, with a selection of meditations for every season, long and short walks in both a natural and an urban setting, and meditations for creativity, calm and focus. *Walking Meditations* will help you use your surroundings as a meditative tool so you can restore your energy, come back into your senses and find calm in your day-to-day life.

Contents include:

- 10-minute mood boost
- Coming off of auto-pilot
- Walking with your senses
- Extended meditations for every season

Reader's comments

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