



Move Your Body and Calm Your Mind

Our bodies have the power to influence our minds. That's why when we move our bodies our mood lifts and we feel refreshed. Mindfulness can help you create opportunities for movement in your life to improve your overall well-being.



Mindful Movement Topics:



Mindful Stepping

Movement supports our wellbeing in so many ways. This mindful movement practice is both grounding and energizing.

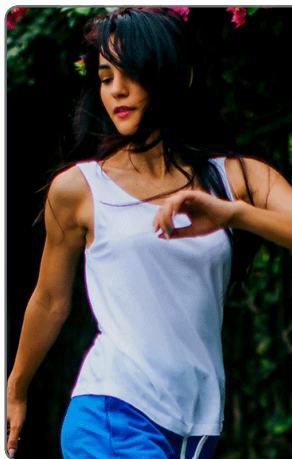
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Mindful Stretching

Mindful stretching invites us to drop into a deeper state of awareness; to find greater balance and ease; to feel the aliveness within the body.

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Body, Breath and Heart

In this practice, we'll bring awareness to the heart and the breath, feeling how they respond to movement.

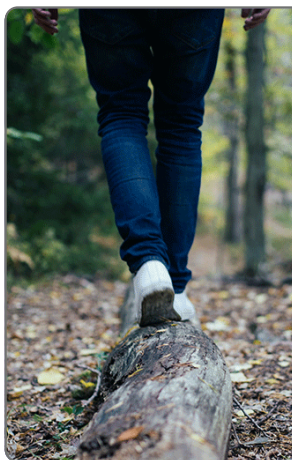
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Mindful Walking

Walking is something we do every day without much thought. In this practice, we're using walking as a meditation.

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Mindful Walking in Nature

Walking in nature is both grounding and uplifting. It inspires us and connects us with our surroundings and with the earth.

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