Walking into Mindfulness

A 3-Part Online Program

Looking to add Mindfulness to your daily walk?

Discover the art of turning each step into a practice of presence. In this 3-part online program, you'll explore the many benefits of walking meditation and mindfulness — from calming the nervous system and reducing stress, to increasing focus, clarity, and a felt sense of connection with your body and surroundings.

Each lesson is under 10 minutes and includes both teaching and guided practice, making it easy to weave into daily life. Whether you're brand new to mindfulness or looking to deepen your practice, you'll learn how to transform everyday walking into a source of grounding, peace, and insight.

By the end of the program, you'll have simple, powerful tools to bring mindfulness with you — step by step, breath by breath — wherever life leads.

Walking into Mindfulness is available to all NMPSIA members and their family.

Available on your smart phone, tablet, or desktop.

YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.

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