

Tao Walk (Slow Flow)

Type: Movement • Intention: Balance, Energy • Duration: 10 minutes • Level: Gentle

Overview

Type: Movement • Intention: Balance, Energy • Duration: 10 minutes • Level: Gentle

Setup

- Use a hallway or quiet outdoor path; silence your phone.

Step-by-Step

1. Minute 0–1: stand tall; feel feet spread; three sighing exhales.
2. Minute 1–4: breath-paced steps—inhale for 4 steps, exhale for 6 steps.
3. Minute 4–8: add arm wave—hands float up on inhale, melt down on exhale.
4. Minute 8–10: tiny bow at each turn; gratitude for what your body can do today.

Guided Script (for audio or read-aloud)

Let your feet be your metronome. Inhale over four steps... Exhale over six.

If you lose the count, smile and begin again.

Let the hands rise like leaves on the inhale, soften on the exhale.

At the turn, a small bow—to the moment, to your effort.

Variations

- Back-pain day: shorten stride; keep arms low; practice near a chair or wall.
- Office micro: two laps around the room with the same breath timing.

Printable One-Pager (Summary Card)

- Steps count: 4 in, 6 out • 10 minutes • Soft arms • Small bow

◇ Image Placeholder

[Place art/diagram here: Footprints across misty path with rising dawn (tao-walk.jpg)]

Gentle Safety Note

These practices are designed to be gentle. Skip or modify any step that causes pain or distress. For acute or chronic conditions, consult a clinician.

© ZodiacMonkeys — Free for personal use and sharing. Please credit “ZodiacMonkeys” if you quote.