

Monthly Mindfulness Walk

Heritage Canal Path
Fredericksburg Virginia

Mindful Walking in Nature opens our hearts to real peace and beauty. We experience the ground beneath our feet and the sky overhead with full awareness. When we consciously touch the earth, we are present with it and know it as ourselves. Walking mindfully outdoors, we don't seek freedom from our troubles as much as we discover communion: our bodies connecting with the natural world. To walk mindfully in nature—earth, sky, and water—we find our true home.

“Walk as if you are kissing the Earth with your feet.” Thich Nhat Hahn

We meet at the picnic area in Kenmore Park for a brief talk and instruction on mindful walking, then set out on the path along the canal. A short mindfulness verse will be handed out to help keep you present during the walk. We'll be walking as a group; do the best you can to walk in silence.

When: 3rd Sunday of the month 10:00
– 11:30 am

Where: Kenmore Park picnic area next to the tennis courts on Mary Ball Street (1401 Kenmore Ave, Fredericksburg, VA 22401).

Guide for the Walk: Todd Drake

Cost: There is no charge for this event. All ages are welcome.

On the Morning of the Walk: Please arrive no later than 10:00 am. The walk will be no longer than 2.0 miles, with short periods of standing meditation. Remember, this is a mindfulness walk, so we'll be taking our time in awareness of our surroundings. We will meet back at the park for a brief discussion.

