

Day 7: Bodily-Kinaesthetic Intelligence – Engaging Through Movement

Theme: Connecting through physicality and movement



On the final day, focus on how your body moves and interacts with the environment. Engage in mindful movement and awareness of your body.

Before the Walk:

Set an intention to connect with the physicality of your body. How does it feel when you move through space?

Walk Guidance:

Focus on the movement of your body as you walk. Feel your feet hitting the ground, your legs working, your arms swinging.

If you are comfortable, try different forms of movement like walking briskly, slowing down or even practicing a few stretches while walking.

Notice how your body responds to the environment – slopes, steps, uneven terrain, and how you adapt to it.

Reflection:

- How does the body influence your mind during this walk?
- Did you feel more in tune with your physicality?
- What insights came from paying attention to your body's movement?