Take a Mindful Movement Break with Calm

1) Go on a Mindful Walk

Have you ever taken a slow walk without talking on the phone or listening to music? A mindful walk is one in which you pay attention to your breath, the sounds around you, or the feeling of the air on your skin. Try a ‘Mindful Walking’ meditation on the Calm app. Sessions range from 5-30 minutes.

This is a great practice to do by yourself or with your family.

2) Spend 10 Minutes Stretching

After sitting or standing at a desk for many hours, it can be refreshing to take just a few minutes to stretch. Calm has an ‘Afternoon Reset’ guided stretching exercise, designed to be done at your desk! Gentle, targeted movement can make all the difference.

Spend your day on your feet? Try Calm’s ‘Back Care’ session at the end of the day to reset for the evening.

3) Get Inspired

Consider taking a break to learn something new or get inspired. Check out Calm’s new audio series, ‘The Spark,’ for a quick dose of motivation, inspiration, humor, and comfort.

Find The Spark in the ‘More’ section of the Calm app.