

# The Practice of Effortless Walking (Prana Walk)

*From the notes of Annah Breyton*  
[www.hariharanandakriyayoga.org](http://www.hariharanandakriyayoga.org)



[spicecomments.com](http://spicecomments.com)

- ❖ Walk at your own rhythm
- ❖ Breathe consciously and always through the nose, not the mouth
- ❖ Exhale towards the legs
- ❖ Always keep the spine straight, and the shoulders pushed back to open the chest
- ❖ Look ahead as far as you can
- ❖ Generate the walking motion from the hips, not the legs
- ❖ Step lightly on Pachamama (Mother Earth)
- ❖ Initiate each step from the middle of the sole of the foot, not the heel, letting the foot unroll to the toes
- ❖ Feel how each springy step gives you energy
- ❖ Avoid stepping on living creatures or the roots of trees
- ❖ If you feel thirsty, think about what a wonderful person you are, instead of gulping down water constantly. When you love yourself, it gives you energy.