Challenge of the Month

7+ Miles In 7 Days: 2022



Wellness walking is a great way to clear the mind, increase energy, gain awareness of spiritual downloads, and clear out mental blocks.

Wellness walking means walking independently without distraction. Focus on your breath and walk without unnecessary stimulus (no scrolling). You can bring music, a mindset affirmation recording, or a walking meditation for your wellness walk if you'd like. Ideally walking for at least 20-60 minutes is ideal for best benefits. 20 minutes walking equals 1 mile.

Mile Tracker:



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Daily Challenge Practice:

Go to the Spiritual And Mind Wellness Walking 7-Day Challenge video each day to log your mileage, Share your results. Keep checking in via the comments section with updates to share your progress and to connect with your peers who are taking the challenge with you.

