

# The Art of Walking

## *A tribute to slowness*

### Synopsis:

Walking to get some air and enjoy nature, to relax, to think and meditate, to reconnect with ourselves: the benefits of walking are endless.

Walking is a complete technic accessible to everyone. It can take different forms: Nordic walking, silent walking, Afghan walking, orientation walking, athletic walking, etc. But it always brings well-being to the body and mind.

This book focuses on all the aspects of walking: physical training, material, styles, itinerary suggestions.

### Content:

Bringing body and mind back together ; A Way of Life ; Walking and detox ; The different walking styles ; Walking is a philosophy ; Itinerary suggestions ; Getting ready to start walking.



### The Author:

**Alain Pénichot** (Paris) is specialised in relaxation and well-being technics: walking, yoga, sophrology, reflexology, etc.

He is the author of Face Yoga and Eye Yoga with Marie Claire Books.

### Specs:

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