



The Art of Walking

Marguerite Osler

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The Art of Walking is a palette of knowledge, practical skills and inspiration, weaving a journey through diverse dimensions of Walking; health, therapeutic enjoyment, balance, meditation, conscious awareness, a way to the sacred. For the first time, readers will learn about Nature's effortless, posture-perfect, strong and supple Walking patterns and how to achieve this; develop their Walking into a rich resource for overall health and well-being; fashion a Walking life rich in enjoyment and ease, a path to physical, mental, emotional and spiritual elegance; recover their natural state of poise and vitality; transform an ordinary activity into one of extraordinary power, lightness and intelligence; discover an antidote to stress of any kind. This is a praise-poem on Walking. Body-talk, mind-talk, soul-talk; speaking to every man, every woman interested in making their life a unique work of art, a practical way of moving through one's days and life in ease and richly-layered awareness.

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