

# ROOTS: A POCKET WALK

I INVITE YOU TO SET ANY ELECTRONIC DEVICES  
OUT OF ARM'S REACH.

FIND A SPACE OUTSIDE OR IN.

SIT, STAND, OR LIE DOWN.

RELAX YOUR JAW.

DROP YOUR HEAD FORWARD. AND BACK.

FOR FIVE MINUTES, FIND A BEING THAT YOU ARE  
CURIOUS ABOUT. THIS COULD BE A HOUSEPLANT,  
PIECE OF FRUIT, A SQUIRREL OUTSIDE YOUR  
WINDOW. I WONDER IF THESE BEINGS SEE YOU. I  
WONDER WHAT THEY WOULD NOTICE ABOUT YOU  
AND YOU ABOUT THEM.

DEEP BREATH IN. AND OUT.

THANK YOUR BEING.

GIFT YOURSELF SOME WATER OR TEA.

FOR MORE INFORMATION ABOUT WALKS, VISIT  
[MADISONTRAVISS.COM](http://MADISONTRAVISS.COM).

