

# TAKING IN SPACE



## PURPOSE

The purpose of this activity is to apply what you have been learning to space and to develop the optic flow and peripheral awareness you deserve. This will get you outside, away from digital devices, and help you become even more aware of ALL your surroundings.



## REPEAT

Keep this going for the remainder of your walk - ideally 10-20 minutes. Practice this at the end of every week of this program and ideally every day moving forward.

1

Find a safe place to walk either on a sidewalk, side of the road, or in a field at the park. Walk at a steady pace that you can keep for a minimum of 10 minutes, but the longer the better. Ideally this should be done in the morning and evening to take in natural sunlight to help regulate your circadian rhythm.

2

As you start to walk, relax your eyes and pick a random position straight in front of you.

3

Without moving your eyes away from straight ahead, notice what is around you with your peripheral or side vision. Notice the trees, houses, buildings, birds, dogs, etc as they move past you while you are walking.

4

You will find that you can notice what is on one side of you, or the other, but that without intention, it may be hard to notice what is on both sides of you at the same time. Relax and soften your view so you can truly “see” what is on both sides at the same time.

5

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