



## Stuart McLeod and Cesare Saguato : Mindful Running



Stuart McLeod and Cesare Saguato are the founders of Run Zen. They are both long-term meditators and runners. Discover what mindful running is and explore a few of the basic tools and practices of Run Zen.

**TOP EMBODIMENT TIP:** Running with a sense of presence and embodiment brings greater joy not only to running, but the benefits also translate into all-around well-being every day.

### Benefits of Mindful Running:

- **More enjoyment through greater embodiment:** connecting into the experience rather than shutting yourself out.
- Awareness in stillness and movement: exploring the transitions from movement to stillness with mindfulness.
- Injury prevention: becoming aware of posture and alignment of the body.
- Working with the mind's habits (being vs. doing): functioning with more presence and embodying the experience.
- Translating the benefits into everyday living.

### The Foundation of Run Zen: “Alert but Relaxed” Mantra

- Alert (posture): holding a certain posture in the body so that you're running more towards the mid to front of the foot. This builds a gentle and natural momentum to running.
- Relaxed: paying attention to the principal joints in the body involved in running; relaxing the shoulders, hips, ankles, and knees. If we invite the body to relax through the joints, there's more of a sense of flow that we build into the running.

### The Focus of Run Zen: Embodied Awareness

- Feel the contact with the feet on the ground; makes it more interesting and embodied.
- Then shift to embodied presence and awareness of the whole body in motion.
- From this, we move to open presence, opening to a wider sensory experience and engaging with the environment around us with all our senses.

### S.T.O.P: Stop, Take a Break, Observe, Proceed

- Stop: either physically or pause, we come into presence with our own experience as it is now.
- Take a Break: take a moment to become aware of the sensation of breath and rest your awareness there.
- Observe: observe how the body feels in this moment, any thoughts or emotions that may be present. Then expanding your awareness into the environment.
- Proceed: proceed into the next moment from this more present and aware space.

### Resources

- ◆ **Website:** [RunZen](#)



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