

# Afghan Walk



A simple walking and relaxing technique.

Afghans who live in a mountainous country have developed walking techniques.

## Synchronize walking and breathing

The principle is that of the balance: the same number of steps on the inhale and exhale, the same number for each intercalary apnea. Concentrate to keep up the pace and follow up immediately if you miss a time. Example of a basic sequence for flat ground (4/2/4/2): - *inhale on 4 steps and hold the lungs full on 2 steps* - *exhale on 4 steps and keep the lungs empty on 2 steps*.

Adopt the rhythm that suits you: for example 3/1/3/1; 5/2/5/2... Take shorter steps on the hills. When you have mastered a rhythm, you can try variations while trying not to make a mistake.

It also allows you to quickly refocus when you tend to ruminate or be distracted, for example when going to a difficult appointment.

5/5

**Ease**

Anyone can practice anywhere.

2/5

**Efficiency**

Promotes endurance, concentration, and overall health.

1/5

**Point of vigilance**

Adopt a pace that suits you, depending on the slope of the terrain.



All copyright Nicolas Nadal reserved  
© 2022.

Photo credit Joel Heard, Unsplash.