



Walking as Artistic Practice

Writers and artists have been walking as a way to seek inspiration (or just to decompress) since the dawn of time. Artist Ellen Mueller, author of *Walking as Artistic Practice*, delves a bit deeper than the casual walker in her books aimed at helping artists develop their own sustainable walking practices. But even if you're housebound, walking can be a jumping off point for your writing. Mueller, for example, devotes an entire section to exercises where you are to imagine places you will never go.

Prompt: Take a moment to think about a walk you'll never take (or never take again). Where does it lead you?

Time: 15 minutes