WLPC PRAGUE 2026

Every Step Counts

Mindfulness for Wi-Fi Engineers



Rasika Nayanajith (@mrncciew)

Wi-Fi Consultant • Trainer • Author

THE PROBLEM

You're walking. You're just not there for it.

Your feet are on the floor…

Your mind is somewhere else



WHAT IT ACTUALLY IS

Mindfulness, no jargon.



Paying full attention to what's happening right now — **without judging it**.

That's the whole definition. Everything else is practice.


Eye (Sight)


Nose (Smell)


Ear (Hearing)


Tongue (Taste)


Body (Touch)


Mind (Thoughts)

How to Practice it

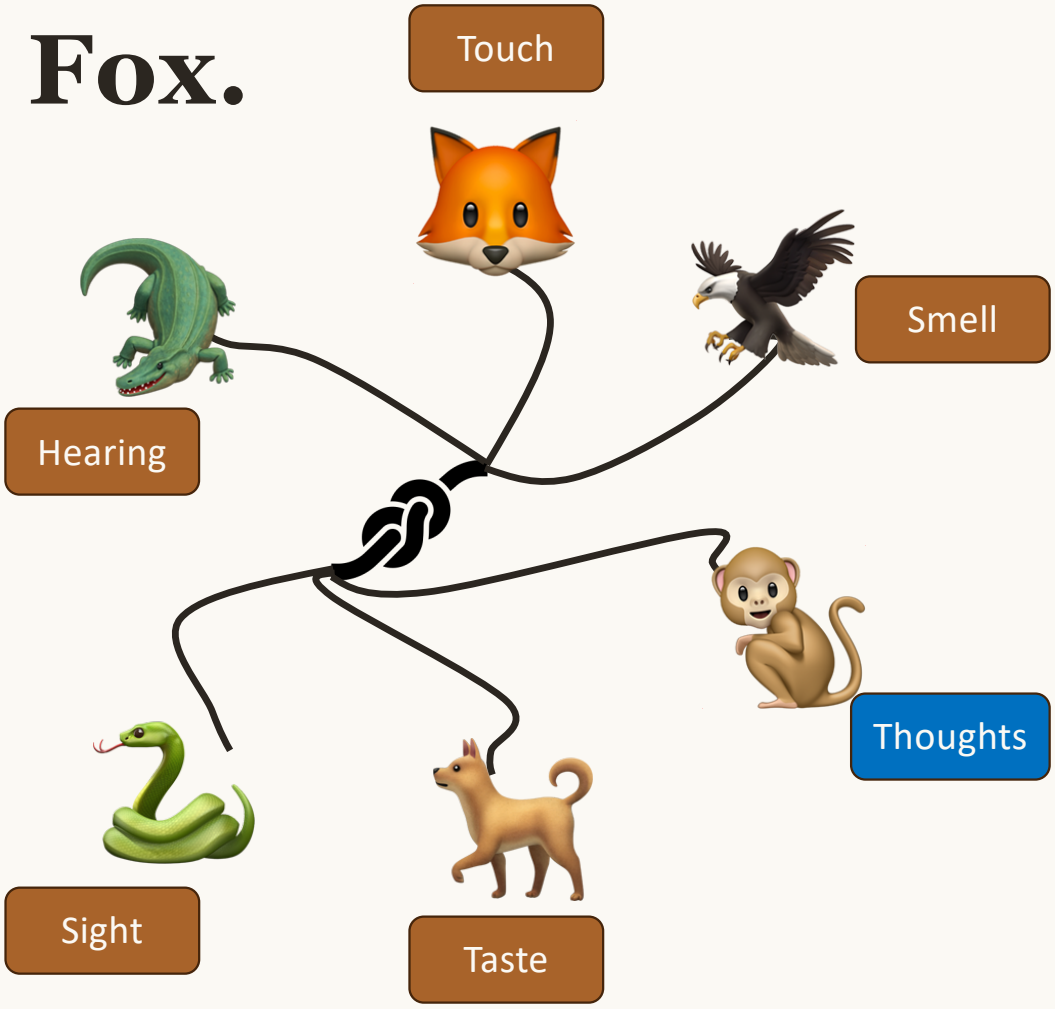
Give a moment to Fox.



Focus on touch

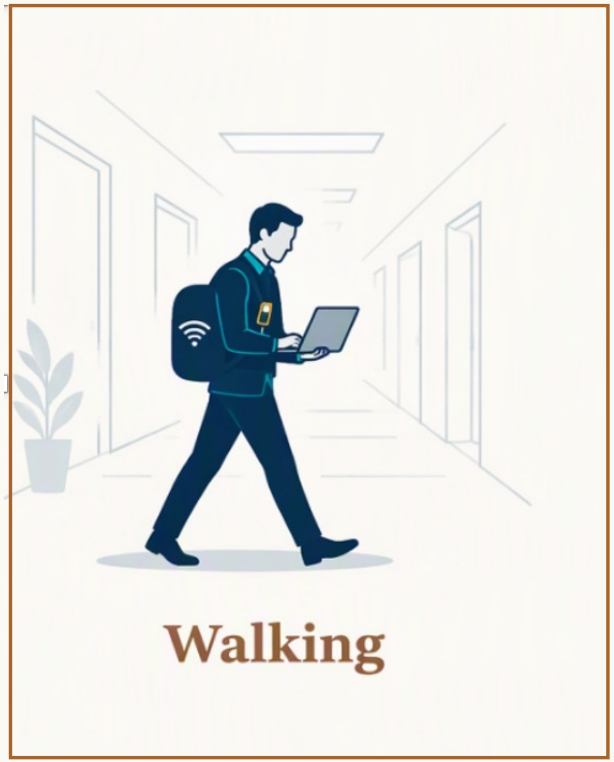


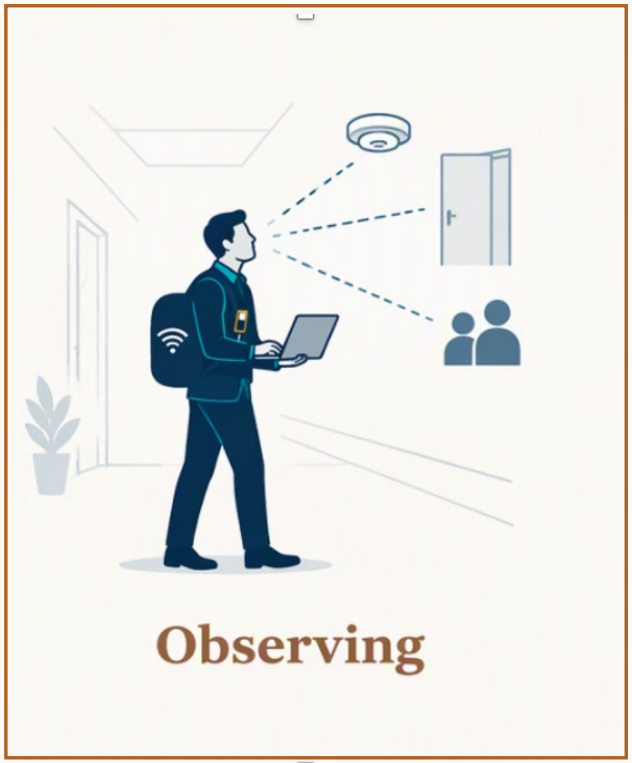
Focus on Mind/thoughts

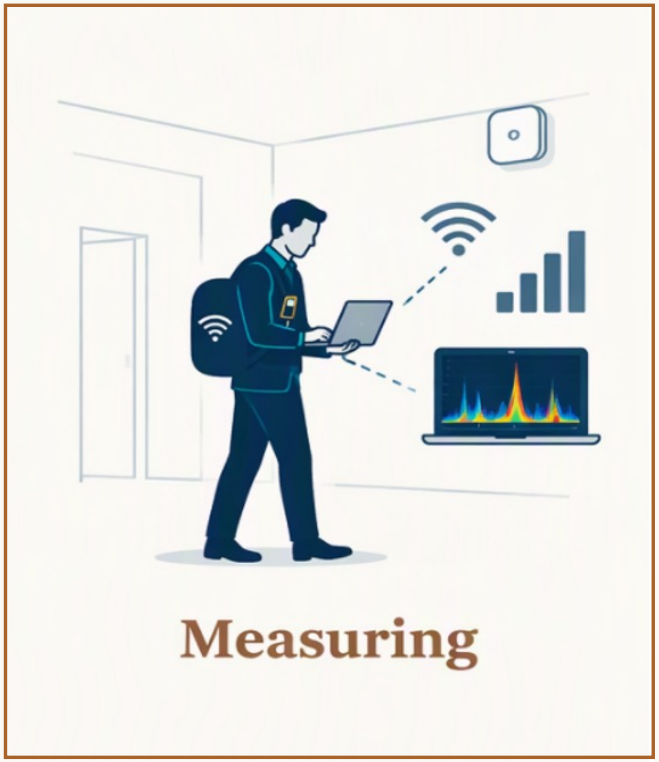


YOUR ADVANTAGE

You already do most of it







You don't need extra time. **You just need redirected attention.**

THE PRACTICE

From Cushion to Corridor.

1. Learn the Skill



Notice when attention drifts.
Bring it back.

2. Practice Daily



Use ordinary walks to
strengthen attention.

3. It goes with You



No extra step. Awareness is
already there when you walk.

The Practice

Walk with the Fox

THE PAYOFF

Why Every Step Counts?



Not because every step changes the RF.

Because every step is another chance to return to the present moment.

Better awareness.

Less mental fatigue.

More enjoyment of your day.

You’re walking anyway. Be there for it.