

# Body Scan

Body Scan Meditation is a great way to bring awareness to your body and how it is feeling. We often manifest stress physically before we recognize that we are under stress. A body scan can be a short or long practice but it is a great way to check in with yourself physically.

- Start in a comfortable position free of distractions.
- Whether you are sitting or laying down be sure your back is supported and you have equal weight distributed through your body
- Start with a few deep breaths inhaling through your nose and exhaling through your mouth...
  - Begin by bringing your awareness to your body as a whole and clearing your mind
  - Start to feel the weight of your body as you relax you should feel heavier as if you are just a bag of bones
  - With each few inhales focus on an area of your body and assess is it tense? If so, try to release the tension on an exhale. While scanning through the body continue to think of your body feeling heavier and heavier.
    - Notice your feet—are they warm or cold, can you feel their presence on the ground (if you are sitting)
    - Legs - feel your legs sink deeper into the surface (if laying down you may find your hips and legs turn out to relax)
    - Back - bring attention to your back breathe to release any tension or tightness
    - Hands/Arms - allow hands to soften and wrist and forearms to open, feel heavy and relax
    - Shoulders - are your shoulders raised? Allow them to drop away from your ears
    - Neck and throat - allow your neck and throat to soften
    - Jaw - is your jaw locked or tight? Allow your jaw to open and soften as much as possible
    - Breathe - bring back your awareness to the whole body and notice any difference you may have felt from the beginning.
- As you bring awareness back to the room make gentle movements such as opening your eyes (if they were closed) and moving your fingers and toes.

