

## Body Scan Directions



Begin by taking a moment to allow your body to settle into a comfortable position. Close your eyes or bring them to a soft gaze. Keep the spine long and soften the shoulders by lifting then releasing them.

Sway your body side to side then come to stillness.

Note what physical sensations and emotions might be present.

Exhale your breath to a count of five and inhale to a count of four then return to natural breathing.

Start by bringing awareness to the top of your body, relax your jaw, soften your forehead and let your shoulders rest.

Notice any places of tension or holding.

Move in your mind's eye down to the arms and the hands.

Sense the back of the body and the front of the body.

Feel the support of the chair beneath you.

Sense your upper legs, your lower legs, and your feet.

Notice if there are any particular places that feel tight or uncomfortable.

Now feel the whole body breathing.

Finish with a full exhale.

