**Body Scan**

*Practice being mindful of your experience while leading the exercise. Create pauses throughout the exercise to notice and experience the spaces in between the words.*

1. Sit in a comfortable position with your feet flat on the floor. Allow your back to be straight but not stiff, gently stacked like a row of coins so you can breathe easily.

2. Close your eyes or cast your gaze low.

3. Rest your hands on your lap or desk.

4. Let’s begin by taking a few deep breaths.

5. Inhale through your nose .... and exhale on your own time.

6. Inhale ... and exhale on your own time. Relaxing.

7. Simply observe your breath for a few moments.

8. Bringing your attention to your feet, simply notice your feet. The tops and sides... the arches of your feet. You may notice tingling or the ground under your feet... your shoes or your clothing touching your feet...

9. Noticing any sensations...

10. And turning your attention now to your ankles.... your shins.... calf muscles... knees... and thighs... upper legs...

11. Just noticing ...
12. Coming back to this Body Scan if your mind wanders at any time.

13. Shifting your attention to your hips... abdomen.... belly... lower back..... upper back... and chest

14. Noticing any sensations, any feelings...

15. Coming back to the exercise if your mind wanders.

16. Now noticing your shoulders... arms... wrists... hands... and fingers...

17. Breathing and exhaling any tension as we go.

18. And shifting your attention to your neck and head... your jaw... ears.... face... your cheeks... mouth... nose... eyes... forehead...

19. Not judging any of it as good or bad, simply noticing...

20. Coming back to the exercise if you get distracted. Knowing it’s okay. Coming back.

21. And noticing the sensations in your whole body, at once. Your feet, legs, belly, torso, shoulders, arms, hands, head, face...

22. As we come to the end of this exercise, you can direct your attention back to any area of your body you choose – any area you’d like to give more attention.

1. Take another deep breath into your belly ... and let it go.

And turning your awareness now to the room and the sounds in the room... and completing this practice by noticing yourself in this present moment.