

Body Scan Meditation



Purpose: *To reconnect to your physical self and become more aware of sensory experiences.*



1

Find a relaxing position, close your eyes and bring awareness to your body.

2

Move attention towards your breath and feel where your body makes contact with the floor/chair.

3

Take a breath in and shift your awareness to a part of your body you want to investigate. You can systematically scan head to toe or move to any part that draws your attention.

4

Notice the sensations you feel such as buzzing, tingling, or pressure. Release your attention from this body part and move your focus onto the next.

5

If you feel your attention wandering, notice this is happening and gently shift it back without judgment.

