

## Mindfulness Body Scan

Close your eyes or lower your eyelids. Notice your breath and the movement of your belly and chest as you breathe. Just notice the breath without trying to change it in any way.

Now move your attention down through your body to the toes in your left foot. Allow your breath to breathe into your toes, breathing in and out...in and out...in and out. Notice how the outside of your toes feel. What are they touching? What sensations do you feel? Allow your breath to caress your toes. Notice any sensations inside your toes. Breathing in and out ... in and out.

Now notice the bottom of your left foot. Allow your breath to breathe into your foot, breathing in and out... in and out. Notice how the outside of your foot feels and what it is touching. What sensations do you feel? Allow your breath to caress your foot. Notice any sensations inside the foot. Breathing in and out...in and out.

Become aware of your left leg. Allow your breath to breathe into your leg from the calf muscle to the knee, and then the thigh muscles. Notice how the outside of the leg feels and what it is touching. What sensations do you feel? Allow your breath to caress your leg. Notice any sensations inside the leg. Breathing in and out...in and out.

Now move the focus of your attention to the area of your pelvis. Notice the muscles and bones of your pelvis and allow your breath to breathe into your pelvis. Notice how your skin feels and what it is touching. What sensations do you feel? Allow your breath to caress the pelvis. Now notice any sensations inside the pelvis. Breathing in and out...in and out.

Now let your focus travel down your right leg to the toes on your right foot. Allow your breath to breathe into the toes, breathing in and out...in and out. Notice how the outside of your toes feel. What are they touching? What sensations do you feel? Allow your breath to caress your toes. Notice any sensations inside your toes. Breathing in and out ... in and out.

Now notice the bottom of your right foot. Allow your breath to breathe into your foot, breathing in and out...in and out. Notice how the outside of your foot feels and what it is touching. What sensations do you feel? Allow your breath to caress your foot. Notice any sensations inside the foot. Breathing in and out...in and out.

Become aware of your right leg. Allow your breath to breathe into your leg from the calf muscle to the knee, and then the thigh muscles. Notice how the outside of the leg feels and what it is touching. What sensations do you feel? Allow your breath to caress your leg. Notice any sensations inside the leg. Breathing in and out...in and out.

Now bring your attention up toward your torso, noticing your stomach, chest and back. Become aware of your torso and allow your breath to breathe into your torso, breathing in and out of the stomach, chest, and back...slowly in and out. Notice how the outside of your torso feels, and what it is touching. What sensations do you feel? Allow your breath to caress the torso. Notice any sensations inside your chest and back. Breathing in and out...in and out.

Now let your attention flow down to the fingers of your left hand. Allow your breath to breathe into your fingers, breathing in and out...in and out. Notice how the outside of your fingers feel. What are they touching? What sensations do you feel? Allow your breath to caress your fingers. Notice any sensations inside

What are they touching? What sensations do you feel? Allow your breath to caress your fingers. Notice any sensations inside your fingers. Breathing in and out ... in and out.

Notice the whole of your left arm. Allow your breath to breathe into your forearm and upper arm. Notice how the outside of the arm feels. What is it touching? What sensations do you feel? Allow your breath to caress the whole arm. Notice any sensations inside the arm. Breathing in and out...in and out.

Gently bring your attention to your shoulders. Now notice the muscles of your shoulders, allowing your breath to breathe into your shoulders, breathing in and out...in and out. Notice how the outside of the shoulders feel. What are they touching? What sensations do you feel? Allow your breath to caress your shoulders. Now notice any sensations inside the shoulders. Breathing in and out...in and out.

Now let your attention flow down to the fingers of your right hand. Allow your breath to breathe into your fingers. Notice how the outside of your fingers feel. What are they touching? What sensations do you feel? Allow your breath to caress your fingers. Notice any sensations inside your fingers. Breathing in and out ... in and out.

Notice the whole of your right arm. Allow your breath to breathe into your forearm and upper arm. Notice how the outside of the arm feels. What is it touching? What sensations do you feel? Allow your breath to caress the whole arm. Notice any sensations inside the arm. Breathing in and out...in and out.

Allow your attention to move to your neck, noticing it connected to your shoulders, holding your head upright. Bring your breath into your neck. Breathing in and out...in and out. Let your breath warm and fill your throat. Breathing in and out...in and out.

Now bring your breath upward into your head., noticing all the muscles in your face, the back of your head, your ears, lips and nose. Become aware of sensations inside and outside of your head. Let the breath flow into your head. Breathing in and out...in and out. Now let the breath flow out of the top of your head. Breathing into and out of the top of your head. Breathing in and out...in and out.

Now slowly turn your attention to the whole of your body, taking a few moments to attend to your body from your toes up to your head. Now take a few moments to return to awareness of your environment. You can slowly open your eyes and take a moment to look around and move a little, while continuing to breath and feel connected to your body moment by moment, here and now.

