

BODY SCAN 101



Unfocus or close your eyes and breathe more deeply. Begin to shift your attention from outside to inside yourself.



Slowly scan your body from head to toe for sensations.



Get curious: 'What's happening in my body?'

- 'Is there tightness? sensation? pressure?'
- Where? In my chest? throat? shoulders? hands? stomach?
- What's my breathing doing?
- My heart rate?
- Am I sweating?



Let go of any thoughts, judgements or stories you are telling about the sensations in your body. Allow yourself to be just as you are. Breathe here.