# Body Scan Meditation

Find a comfortable seated position and close your eyes.

As I say parts of the body, I want you to visualize relaxation.

If you feel tension or pain, send your breath there and allow your muscles to relax.

Let's begin by taking a few deep breaths.

Inhale one-two and exhale one-two.

Breathe in and out, feeling your stomach expand and contract with each breath.

Let go of any lingering thoughts and bring your awareness into your body.

Notice any tension between your eyebrows and along your jawline.

Relax those areas into a neutral position.

Bring your attention to the base of your skull down through the back of your neck.

Notice any tension or pain.

Rest your chin against your chest for a few seconds, and then bring your head back to the center.

Repeat this three more times.

Remember to breathe in and out.

Sit tall and observe your shoulders against the back of your chair.

Roll your shoulders up, then back, and down for a light stretch.

Repeat this three times slowly.

Observe your low back and buttocks against your chair.

Breathe into your belly and release any stiffness as you exhale.

Observe your hands resting on your thighs.

Slowly spread your fingers and soften the stretch as you breathe in and out.

Bring your attention to your thighs and legs.

Try to widen the space between your knees and relax into the natural girth of your hips.

Notice the weight of your feet on the floor.

Adjust the position of your feet so the weight is balanced equally on the floor.

Inhale one, two, three, and exhale one, two, three.

Stay in this serene awareness for a few more minutes.

When you're ready, start to wiggle your fingers and toes.

Awaken your body by giving your arms and legs a gentle shake.

Gently tilt your head to the left, leaning into your shoulder, and then to the right.

Return to the center and open your eyes.

Take a deep breath in and out.

Thank you for joining me for this body scan meditation.

Go about your day feeling relaxed and calm.