**Six Point Body Scan**

As best you can

Centering into the body
Noticing your position, whether sitting, reclining, or standing
Bringing heartfelt attention into simply feeling the body as it is
Feeling the sensations as they are presenting in this moment
Accepting them as they are, breathing, feeling, resting into what is

Once you feel a sense of being “in touch” with your body and being connected to it

**Try:**

- Bringing awareness into feet, feeling sensations in the feet
  Noticing 3 to 5 full breaths as you are feeling feet

- Bringing awareness into knees, feeling sensations in the knees,
  Noticing 3 to 5 full breaths as you are feeling knees

- Bringing awareness into the hips, feeling sensations in the hips
  Noticing 3 to 5 full breaths as you are feeling the hips

- Bringing awareness into sensations of belly/lower back,
  Noticing 3 to 5 full breaths as you are feeling belly and lower back

- Bringing awareness into sensations in the heart center,
  Noticing 3 to 5 full breaths as you are feeling sensations in heart center

- Bringing awareness into sensations in face,
  Noticing 3 to 5 full breaths

Ending the session with a full awareness stretching, feeling all the sensations of stretching…then resting into stillness for at least 3-5 full breaths…simply being with sensations, breathing, the unfolding of the present moment in the body