

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