**Body Scan**

Allowing your eyes to gently close or, if you are feeling slightly tired, you may want to slightly open and focus softly on a spot in front of you….

Noticing the weight of your body and how it feels where it touches the mat or chair…. Continue to notice the feeling of lying or sitting; breathing in and out in your normal breathing rhythm; not changing your breath in any way….  Noticing yourself sinking a little lower into your mat or chair with each out breath….

Continuing to focus on your breathing; noticing your belly expanding or gently rising as you breathe in and lowering or contracting as you breathe out…. Noticing where you first feel your breath enter your body…. Perhaps where it first enters your nostrils or your mouth, chest or even down in your belly…. Just continue to just notice your breathing in and out for a few moments….

If your mind starts to wander, don’t be critical of yourself.  Its normal for your attention to wander away from your breath and body at times.  When this happens just be aware of it and acknowledge it and then softly and gently lead your awareness back to your body and breath and continue with your scan…. Recognising that your mind has wandered is being aware of what is happening with you in the present moment….

Moving your awareness away from your breathing and down to the toes on your left foot…. Focusing on each toe in turn - being aware of any sensations that you might notice; how it feels – is it warm or cold – does one toe lie close to another – can you feel that sensation…. Now bringing your awareness to the rest of your left foot – the sole, the ball of your foot, then the heel, top and sides of your foot and then moving up to your ankle.

Continuing with your awareness moving up your left leg; scanning your left shin, calf, knee and thigh; noticing any sensations, if there are any…. Don’t worry if you don’t feel any sensations – just be aware, let it go and move on….

Being aware of your breathing; try to direct your breathing right down your body and down your left leg into your toes…. As you breath out imagine your breath travelling right up your leg and your body until it leaves your nose.  Continuing to do the same breathing into each part of your body as you move on through your body scan….

Extending your awareness to the toes on your right foot…. Once again, focussing on each toe in turn - being aware of any sensations that you might notice; how it feels – is it warm or cold – does one toe lie close to another – can you feel that sensation…. Now bringing your awareness to the rest of your left foot – the sole, the ball of your foot, then the heel, top and sides of your foot and then moving up to your ankle.

Continuing with your awareness moving up your right leg; scanning your right shin, calf, knee and thigh; noticing any sensations, if there are any…. Again, not worrying if you don’t feel any sensations – just be aware, let it go and move on….

Being aware of your breathing; try to direct your breathing right down your body and down your left leg into your toes…. As your breath out imagine your breath travelling right up your leg and your body until it leaves your nose.

Now gently bring your awareness to your hips…. Once again breathing down into that area; taking your time in each area and noticing any sensations you may feel – continuing to be aware of your belly moving in and out as you breathe – imagining that you are refreshing that part of your body with nourishing oxygen as your breathing moves throughout your body….

Being aware of your body as your attention gently continues up into your upper torso into your lower back and belly.  Continuing to be aware of your belly rising as you breathe in and contracting as you breathe out…. Breathing down into that area, noticing any emotions or physical sensations and taking a few moments to explore what these may mean for you.  Focusing your breathing into any areas of discomfort or paid you may feel in any part of your body….

Continuing to move your awareness up your torso, move your attention up into your upper back and chest…. Bringing your awareness to the rise and fall of your rib cage as it follows your natural breathing rhythm…. Noticing your lungs in action as you breathe in and out – seeing if you can notice your heart beating if you can feel it….

Moving your awareness down your left arm and right down into the fingers and thumb…. Just as you did with your leg – notice any sensations. Then moving up your arm be aware of the palm of your hand, the wrist, the back and sides of your hand…. Continuing to travel up the left arm, bringing your attention to your lower arm, elbow, upper arm and shoulder…. Once again breathing right down to the thumb and fingertips of each arm and back up the body again, noticing any sensations….

Moving on to your right arm…. Following the same routine as for the left….

Focussing your awareness back up into the shoulders and on up into the neck, throat, jaw and mouth and cheeks…. noticing any tension or sensations there…. Continuing up into the rest of the face…. Noticing your eyes, eyelids, eye brows, ears and nose – noticing here your in and out breaths…. Continuing with your awareness bringing your attention to your temples, forehead and up into the back and top of your head – an area where tension is often held….

Finally arriving at the top of your head…. Being aware of your breathing in and out…. Trying and focus your breathing in at the very top of your head – moving right down through your body to the tips of your toes and back up and out of the top of your head…. Finally, spending a few moments being aware of your whole body and your breathing…. Focus your attention on and taking a moment to thank yourself for taking care of you by giving yourself the time to spend time in awareness of your body and breath.

When you are ready, and in your own time, bring your attention back; feeling mindfully refreshed and noting that you can revisit this body scan at any time.

Contemplate your return to whatever you will be doing shortly….