

The Body Scan is a great way to increase your awareness of your body and promote relaxation. During the scan, you'll be bringing your attention to the sensations that appear in your body. You'll focus on the physical sensations that your feeling in each body part before moving on to the next. This practice can be done lying down or sitting, or even standing whatever, you prefer.

It is a great way to start your, end your day or even check in during your busy day.

This is your Basic Body Scan in the future I will show you how to add a visualization or set an intention during a Body Scan.

Before we start first get comfortable -roll your shoulders shake out your hands and then we will start with three deep cleansing breaths

- Breathe in fill your belly with air, pause and slowly breathe out through your mouth 3 x, Breathe in fill your belly with air, pause and slowly breathe out through your mouth one last time Breathe in fill your belly with air, pause and slowly breathe out through your mouth.
- Continue breathing in and out at your own comfortable pace. As you Breathe in take your breath and attention to the top of your head breathe in and out and now you're your breath and attention all the way through your body to your toes – how do they feel, what do they feel? Be aware of the sensations
- Move your attention up to your feet, your ankles, your calves, your knees what do you feel – any knots or tension? Breathe through any feelings or tension and try and release or melt away the knots.
- Move your attention and breath to your upper legs, your pelvic area, your lower back, your upper back now move your attentions to your stomach, do you feel any aches or pains, any butterflies – just notice your feelings and the sensations then see if you can breathe through your feelings. There is nothing good or bad there is no judgment just your awareness.
- Move up to your chest– again how do you feel any tightness, knots, can you release the feelings
- Take your breath and attention to your hands are they clenched or open – what are the sensations you are feeling, move up to your arms, to your shoulders – again how do you feel any tightness, knots, can you release or melt away the tension with your breath
- Move up to your throat to your jaw what sensations do you feel? Move up to your face to the top of your head. How do you feel?

Continue to breathe in and out. Be aware of what your feeling. Bring yourself out of it gradually and gently. Slowly wiggle your fingers and toes... then your hands and feet. Roll your shoulders, and if your eyes are closed you can open your eyes. Feel your energy returning. Stay still for a few moments picture yourself going through your day calmly – Have a Beautiful Day!