

The Body Scan Practice

- Beginning by settling in making adjustments to the position of the body, using bolters, blocks, cushions and blankets for support.
- Bring awareness to the whole body. Sense into where the body makes contact with the surface beneath.
- Chose a point in the body to begin the scan and work through the body moment by moment, point by point, tuning into sensations in the body from head to toe.
- Create moments of curiosity throughout the guidance, supporting the wandering mind throughout. Use the breath as an anchor throughout the practice.
- Encourage kindness and compassion with whatever arises. Allowing the experience to be there, not pushing it away or trying to change anything.