

## Day 8: Body Scan Meditation

**Body scan meditation** is similar to progressive muscle relaxation. But, instead of tensing and relaxing muscles, you simply focus on the sensations in each part of your body.

Body scan meditation is often used by people who want to try a more formal type of mindfulness without attending a Yoga or Tai Chi class.



### The Practice of Body Scan Meditation

**Step 1:** Lie on your back with your legs uncrossed, your arms at your sides, palms up, and eyes open or closed, as you wish.

**Step 2:** Focus on your breathing, how the air moves in and out of your body.

**Step 3:** After several deep breaths, as you begin to feel comfortable and relaxed, direct your attention to the toes of your left foot.

**Step 4:** Tune into any sensations in that part of your body while remaining aware of your breathing. Imagine each breath flowing to the spot where you are directing your attention. Focus on your left toes for two minutes.

**Step 5:** Move your focus to the sole of your left foot and hold there for two minutes while continue to pay attention to your breathing. Follow the procedure as you move to your left ankle, calf, knees, thigh, hip, and so on throughout your whole body.

*Note:* Pay close attention to any area of the body that causes pain or discomfort (e.g., focus on the lungs if you have asthma)

**Step 6:** Move through the neck and face, and finally all regions of your face and head. When you reach the top of your head, let your breath reach out beyond your body and imagine yourself hovering above yourself.

**Step 7:** After completing the body scan, relax for a while in silence and stillness, noting how your body feels. Open your eyes slowly and take a moment to stretch, if necessary.

Resource: [www.abc-of-yoga.com](http://www.abc-of-yoga.com)