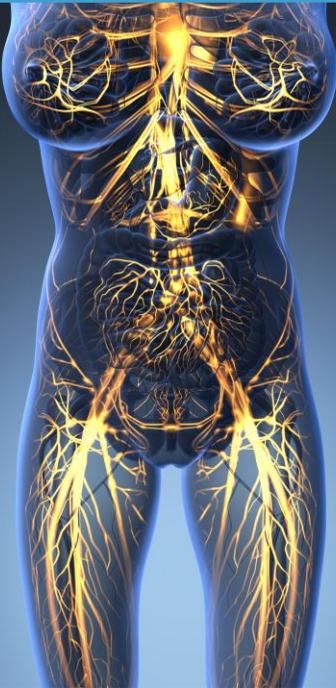


THE 10 DAY MEDITATION CHALLENGE

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. The body scan focuses attention on the physical sensations of the body, and can be performed while lying down, sitting, or in another comfortable posture. It is a great meditation practice for the beginner as it offers a more structured and formal approach.

GET IN TOUCH WITH YOUR BODY



We have become so disconnected from our own bodies that we often don't even know how our physical body "feels". The body scan allows you to begin to cultivate an awareness of a deeper connection to your physical experience including the organs, bones, and digestion. This self-awareness can cultivate new health and wellness practices as you notice what areas may need some attention.

Step 1: Lie on your back with your legs uncrossed, your arms at your sides, palms up. Eyes may be open or closed.

Step 2: Focus on your breathing. Notice 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 continuing 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. 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 your body.

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.

Sources: <https://techtalktherapy.com/body-scan-meditation-step-by-step/>