

Body Scan Meditation

Begin by bringing your awareness to your breath. Notice if your breath is flowing smoothly, easily or if it doesn't feel smooth. No judgement, just awareness. Notice the length of your inhalations and your exhalations. With your next exhalation, feel your body just release any tension you may have been holding onto after your practice today. On your next inhalation thinking about elongating the breath as you come into your Savasana today.

Bring your focus to the crown of your head. Send the breath up to the top of your head. Sweep your focus down to your ears. Notice the sounds you are hearing. Allow those sounds to glide in, acknowledge them, and allow them to flow back out.

Bring your focus to your face. Feel your expression. If you would like, you can scrunch your face up, just to release it and feel the relaxation. Feel the brow release. Let the eyelids be gently closed. The jaw is slightly open with the tongue resting gently just behind the front teeth.

Bring your focus back around to the back of the head. Let your focus slide down to your neck. Without manipulation, notice how it is feeling after your practice today. Think about letting your neck muscles relax down into the floor beneath you. Sending the breath, release and relax.

Sweeping your focus to your trapezius area and into the shoulders. Hopefully they are relaxed, rested down away from the ears and relaxed down into the floor.

Sliding down into the arms, upper arms, elbows, forearms, hands and fingers. Release and relax.

Sweeping back up the arms and coming to rest in between the shoulder blades in the upper back. As you expand your body with your breath, feel the tension release with your exhalation.

Sweeping down the spine one vertebrae at a time, releasing and relaxing as your breath into your body. Coming to rest now in your lower back. Sending the breath, release and relax.

Coming around to your hips. Send the breath, to any tension left in them after your practice today. Bringing your focus down into the thighs. Noticing without judgement how they are feeling after your practice. Send the breath, release and relax.

Coming into the knees, the shins, the ankles, feet and toes.

Sweeping the breath back up the legs, up the spine, up and out through the crown of your head taking with it any and all tension left in your body after your practice today.

I'll be quiet for a few moments while you rest in your Savasana.

(After several minutes)

Begin to bring awareness back to your body and your breath. Slow bring some movement back by wiggling the fingers and then the toes, the arms and then the legs. When you feel ready, return to a comfortable sitting position. Bring your hands to Anjali Mudra to your heart center. Let the peace and grounding of this meditation and your practice today carry you through your day today and everyday. Peace. Namaste.