



pathways
by engage

BODY SCAN MEDITATION

A body scan guides your attention from head to toe, releasing unconsciously held tension. It's a foundational mindfulness practice used in MBSR (Mindfulness-Based Stress Reduction).

HOW TO PRACTICE

1. LIE DOWN OR SIT COMFORTABLY. CLOSE YOUR EYES.
2. TAKE 3 SLOW DEEP BREATHS TO SETTLE IN.
3. BRING YOUR ATTENTION TO THE TOP OF YOUR HEAD. NOTICE ANY SENSATION WITHOUT JUDGMENT.
4. SLOWLY MOVE YOUR ATTENTION DOWN. FOREHEAD, EYES, JAW, NECK, SHOULDERS...
5. SPEND 20–30 SECONDS AT EACH AREA. IF YOU FIND TENSION, BREATHE INTO IT AND LET IT SOFTEN.
6. CONTINUE DOWN THROUGH YOUR CHEST, BELLY, ARMS, HANDS, LOWER BACK, HIPS, LEGS, FEET.
7. WHEN YOU REACH YOUR TOES, TAKE A MOMENT TO FEEL YOUR WHOLE BODY AT ONCE.

Tip

If your mind wanders, gently return to where you left off. Wandering is normal.

Noticing it is the practice.

If you need additional support, give us a call at 805-601-6700