**Six Point Body Scan**

As best you can

Centering into the body

Noticing your position, whether sitting, reclining, or standing

Bringing heartfelt attention into simply feeling the body as it is

Feeling the sensations as they are presenting in this moment

Accepting them as they are, breathing, feeling, resting into what is

Once you feel a sense of being “in touch’ with your body and being connected to it

 Try:

 Bringing awareness into feet, feeling sensations in the feet

 Noticing 3 to 5 full breaths as you are feeling feet

 Bringing awareness into knees, feeling sensations in the knees

 Noticing 3 to 5 full breaths as you are feeling knees

 Bringing awareness into the hips, feeling sensations in the hips

 Noticing 3 to 5 full breaths as you are feeling the hips

 Bringing awareness into sensations of the belly/lower back

 Noticing 3 to 5 full breaths as you are feeling belly and lower back

 Bringing awareness into sensations in the heart center

Noticing 3 to 5 full breaths as you are feeling sensations in heart center

 Bringing awareness into sensations in face

 Noticing 3 to 5 full breaths

Ending the session with full awareness stretching, feeling all the sensations of stretching…then resting into stillness for at least 3-5 full breaths…simply being with sensations, breathing, the unfolding of the present moment in the body