

# MEDITATION - WHOLE BODY SCAN (SEATED, LYING OR STANDING)

Bring your awareness to the top of your head noticing how it feels.



Bring your awareness down into your face and start to scan through every single feature in your face; your forehead, eyebrows, eyes, cheeks, ears, mouth and jaw.



Carry your awareness down your neck into both of your shoulders and allow them to soften away from your ears.



Carry your awareness down your right arm, from the top of your arm, down to your elbow, your forearm and all the way down to your hand, feeling through each finger all the way to your fingertips.



Carry your awareness down your left arm, from the top of your arm, down to the elbow, your forearm and all the way down to your hand, feeling through each finger all the way to your fingertips.



Bring your awareness to the top of your back, scanning from top, all the way down your spine to your lower back.



Bring your awareness to your upper chest, scanning all the way down through your upper chest, your lower chest, your tummy and to your hip points.



Carry your awareness from the top of your right leg, all the way down into your right thigh, knee, calve, shin, ankle, foot and into each and every toe.



Carry your aware need from the top of your left leg, all the way down into your right thigh, knee, calve, shin, ankle, foot and into each and every toe.



Feel your whole body as one starting to let go and relax even more.