

## **10-minute body scan meditation script**

### **1. Find a Comfortable Position:**

- Sit or lie down in a comfortable position.
- Close your eyes and take a few deep breaths.

### **2. Settle into the Present Moment:**

- Bring your attention to your breath.
- Inhale deeply through your nose, and exhale slowly through your mouth.
- Continue breathing naturally, and feel your body relaxing with each breath.

### **3. Focus on Your Feet:**

- Shift your attention to your feet.
- Notice any sensations or feelings—warmth, coolness, tension, or relaxation.
- Take a moment to acknowledge these sensations without judgment.

### **4. Move Up to Your Legs:**

- Gently move your attention up to your lower legs (calves and shins).
- Observe any sensations or areas of tension.
- Allow your awareness to flow from your lower legs to your knees.

### **5. Scan Your Thighs:**

- Bring your focus to your thighs.
- Notice how they feel—any tightness, heaviness, or relaxation.
- Let go of any tension as you breathe out.

### **6. Attend to Your Hips and Pelvis:**

- Shift your awareness to your hips and pelvis.

- Observe any sensations or discomfort.
- Breathe into these areas and release any tension.

**7. Move to Your Abdomen and Chest:**

- Focus on your abdomen and chest.
- Notice the rise and fall of your breath.
- Be aware of any sensations or tightness, and let them soften.

**8. Scan Your Arms and Hands:**

- Move your attention to your arms, starting from your shoulders to your hands.
- Observe any sensations or feelings in your arms.
- Relax and let go of any tension as you breathe out.

**9. Focus on Your Neck and Head:**

- Shift your focus to your neck and head.
- Notice any sensations or tightness in your neck, jaw, or scalp.
- Allow these areas to relax with each breath.

**10. Complete the Scan:**

- Bring your awareness back to your whole body.
- Take a few deep breaths and appreciate the relaxation you've achieved.
- Gently open your eyes and take a moment before resuming your day.