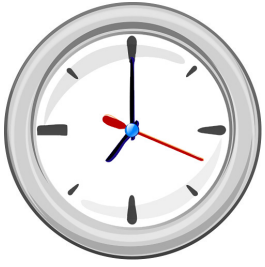


Body Scan for Relaxation Exercise



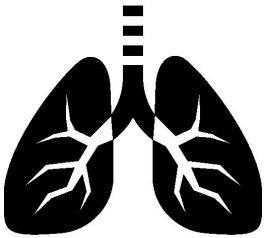
1. Allow yourself 10 minutes. As you become more comfortable with this practice you can go for longer periods of time.

2. You can choose to lay down or sit up. Just be comfortable.



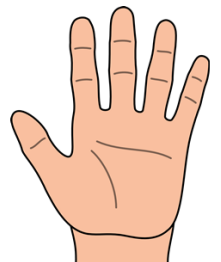
3. Close your eyes.

4. Start by bringing awareness to your body breathing in and out. Notice where your body touches the floor or chair. Be aware of where your body is in your space. Take as much time as you need to get a good feeling of where you are and what you feel.



5. At some point, when you feel ready, breathe in deep and long. Pay attention to the air rushing into your lungs and the movement inside of your body.

6. Begin recognizing your body. You might start at your toes, notice any sensations you feel and then let it go. Move onto the bridge of your feet, then to your ankles, shins, calves and so on. Keep focusing on individual parts of your body, all the while experiencing the sensations within each body part until you get to the top of your head.



7. Take a few deep breaths, open your eyes and go on with the rest of your day with a sense of relaxation.