

The body scan is a targeted meditation technique. The body scan technique trains us to pay attention to our physical experience - what we are experiencing in our bodies when we pause and pay attention.

Attitudes

Take notes on the attitudes that are cultivated through the body scan during the video lesson and revisit following your practice of the body scan.

Attentiveness

Awareness

Embodiment

Letting Be

Leaning into Unpleasant Experiences

Appreciation

Getting Unstuck

Body Scan Meditation Basic Steps

1. Begin by getting into a comfortable position.
2. Use the breath to begin to clear your mind and focus your attention.
3. Breathe in and focus on the body part where you wish to begin, usually the head or feet.
4. Notice any sensation - it may be heaviness or lightness, warmth or coolness, movement or stillness, dryness or moistness, as examples.
5. Do not place judgement on what you are noticing. Be open, curious and simply notice the sensation.
6. Release your focus of attention.
7. Slowly turn your attention to the adjacent body part.
8. If you find your attention is slipping to other things, breath and bring it back to a focus on your body. By returning your attention over and over, you are actually building neural pathways in your brain.
9. When you have finished your exploration of body sensations, turn your attention to a scan of your whole body and breath freely.
10. Gradually open your eyes and move mindfully into the moment.
(Taken from <https://www.mindful.org/beginners-body-scan-meditation/>)

Teaching Points

- The primary goal is guiding participants to learn how to notice a variety of physical sensations in the body.
- Offer guidance which on dealing with distraction.
- Invite participants to move into a direct being with the body sensations.

Guided Body Scan Meditation

Go to [Mindfulness Exercises.com](https://mindfulnessexercises.com) to the guided meditation for the Body Scan.
<https://mindfulnessexercises.com/course/day-11-integrated-body-scan/>

If you are seeking a Certificate of Completion, you will need to log your practice of the body scan and teach the exercise on three occasions. Use the self-assessment tool to record evidence of your proficiencies with in teaching this exercise.

Reflection Questions

Engage in a body scan meditation and take note of the attitudes that surface in your own experience. What is coming to you?

Does it become easier for you to sustain your focus on how physical sensations are changing from moment to moment?

Consider how you will guide your students through a body scan meditation and reference the attitudes they may uncover. What are your questions as you learn how to facilitate a body scan?