



BODY SCAN MEDITATION

Purpose: to calm down and relax the mind and body after a full day of activities.

Preparation: invite participants to sit down on the chair or on the ground on a pillow or a yoga mat with their backs straight and tell them that we will be doing a relaxing body scan meditation, which you will guide. There is no ideal sitting position, the most important is that participants would sit with their back straight and feel comfortable, but not too comfortable, so that they don't fall asleep during the meditation.

Duration: 15 – 20 min

Group size: can be done in as small group as 5 people and as big as 100

Age: 18+

Process:

Once everyone is sitting comfortably on a chair or on the ground with their backs straight, invite participants to gently close their eyes. You can use the text below for the guidance, but feel free to improvise and follow your own intuition.

"We are going to gently and softly close our eyes. We can take couple of deep breaths in and out to start coming into this present moment, calming our minds and relaxing our body. We can take couple of more deep breaths in and out. And we start breathing naturally in our own rhythm.

We are going to gently and softly start relaxing our head and our forehead. And we start relaxing our eyes and our eye balls, feeling how the eyes after a whole working day start slowly being relaxed. While you are relaxing different parts of the body, try to bring your attention to that part of the body and feel how it is getting relaxed. When the body truly relaxes, it starts getting warmer, - warming us from the inside and spreading the warmth to all our body parts, our cells and inner organs.

We are going to relax our nose, our cheeks and our lips. While we are relaxing our lips, we can give a little smile to ourselves to prepare in a positive way for the meditation. And all our body is slowly getting relaxed from the top of the head until the toes. Feel how the way of relaxation is covering your whole body.



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We are going to relax our neck and our shoulders. And once we relax our shoulders, we can feel how they gently falling down, while we are releasing the tension from our shoulders. We continue to relax our upper back and our lower back, remembering to breath gently and slowly. If you have any thoughts coming in, imagine that your thoughts are like leaves on the tree and like the leaves are slowly falling down from the tree onto the ground, we are letting our thoughts to fall down and go without focusing on them. We can come back to our thoughts later.

We continue to relax our arms, hands and fingers feeling the warmth in our hands and thingers. And just feel how this warmth is spreading throughout our whole body and warming us from the inside. [MOU]

We continue to relax our chest and heart area, releasing all the feelings and emotions, which we might be holding inside our chest and heart area, freeing ourselves from those emotions and feelings, and feeling how all our body is slowly getting relaxed.

We continue to gently relax our belly. While we are relaxing our belly, we can feel how the belly is lifting with every breath we breath in and out. And all our body is slowly getting relaxed, from the top of the head until the toes.

We gently relax our hips, knees and our legs and we can feel more and more relaxed. We relax our feet and toes and all our body is now relaxed. For a moment, we will continue breathing and bringing our attention to our breath in silence.

Note: stop talking for 3-5 min, so that participants can stay in silence and focus on their breath. After 3-5 min are over, continue the guidance.

We will now start slowly coming back from the meditation by gently wiggling our fingers, feet and toes, and moving our body softly and gently. Perhaps you want to stretch a little with your closed eyes. And whenever you feel ready, you can slowly gently and in your own time, open your eyes”.

Reflection: after the meditation, you can ask participants:

- How did it feel?
- Did it feel long or short?
- Do they feel more relaxed now?
- How do feel now intellectually, physically, emotionally and spiritually?

Note: People who do it the first time might not be able to relax fully and that is okay, the practice helps to be more present and with time as more we practice, as easier it gets.



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