

### 3. BODY-SCAN RELAXATION

In body scanning we take our awareness to every part of the body, from part to part, so that we can consciously feel where we are holding tension and begin to relax those areas. Eventually you will be able to feel how this tightness builds up, what causes it and learn to release excessive tension. You may like someone to read this script to you.

Take time to make yourself as comfortable as possible, eyes gently closed. Breathe gently, quietly and evenly.

Take your attention to your feet — wiggle your toes and release them. Be aware of the soles, heels, insteps, top of your feet. Let go of any tension — imagine it flowing out through your toes.

Bring your awareness to your ankles, shins, calves, knees, back of the knees, your thighs. Your legs are feeling very heavy.

Your hips and buttocks — allow this area to sink down.

Release your back into whatever is supporting you — your spine, your right shoulder blade, your left shoulder blade — the whole of your back. Bring your awareness to your abdomen — soften this whole area. Breathe gently in through your nose and sigh out through your mouth a few times — feeling any tightness release with each gentle sigh. You are letting go of any holding on.

Your rib cage and chest are softening and releasing.

Your shoulders — let them drop down.

Upper arms, elbows, lower arms, wrists, and hands. Soften your hands and fingers. Your arms are feeling very heavy.

Consciously let any tension unwind, that you are aware of, with each out breath.

Your throat, neck, and back of your head – then the top of your head - the whole of your scalp.

Your forehead and temples — release any frown in this area — smoothing tension away.

Soften your eyes, eyelids — allow your eyes to rest.

Your cheeks, ears, mouth soft with tongue resting comfortably, the gentle touch of your lips together. Let your jaw drop. Soften all the muscles in your face, any tension dissolving away.

You are letting go on each breath out. Your whole body is feeling heavy. Releasing, relaxing, and softening.

Enjoy a feeling of quiet and stillness for as long as you wish.

Open your eyes and have a gentle stretch. When you get up, do so slowly and mindfully.