



10-Minute Guided Body Scan Meditation

Find a quiet and comfortable space. Lie down on your back with your arms at your sides. Close your eyes and take a deep breath.

Begin by bringing attention to your toes. Simply notice any sensations: warmth, coolness, tingling, or even nothing at all.

Move your awareness slowly up your body: through your feet, ankles, calves, knees, thighs, and hips.

Feel the weight of your body resting on the surface beneath you.

Bring your attention to your abdomen and chest. Notice the rise and fall of your breath.

Scan upward through your shoulders, arms, and hands. Feel the energy or stillness in each area.

Finally, bring awareness to your neck, face, and head. Soften the jaw. Relax the forehead.

Now sense your entire body as one field of awareness, resting in stillness. Breathe here for a few



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moments.

When you're ready, gently wiggle your fingers and toes, and open your eyes.

Carry this sense of presence into the rest of your day.