

# Simple body scan

The body scan is a great way to get a "weather reading" of your state of being. Taking this moment to check in with body, mind, and breath interrupts whatever habit you were in the middle of and acts as a reset button. It is a useful practice for when you are feeling stressed or find yourself running around on autopilot.

I start and finish each mindful movement class with a body scan.

At the start of class it functions to settle you down and prepare you for the practice, and at the end of class it functions to allow you to acknowledge changes and rest in your joy of being.

A regular practice, at least once a day, allows you to build up a picture of how you are. You will soon be able to recognise when you are feeling off kilter and take steps to soothe yourself.

## Daily practice

*Listen to the guided practice on the Habits of Loving-Kindness course page.*

1. Sit comfortably and notice the weight of your body settle down as you take a deep breath.
2. Begin at the top of your head and scan towards your toes.
3. Each time you become distracted, accept these distractions and let them go.
4. Notice the quality of your energy and anything that is comfortable or uncomfortable in your body.
5. When you have scanned all the way to your toes, shift your focus to your breathing.
6. Notice the feeling of the breath in your body.
7. Become aware of the weight of your body again before opening your eyes.

