

## Practice: Body Scan for Body Literacy

Take a comfortable seat, one in which you can feel your body is supported well including being able to touch your feet on the ground. You may wish to keep your eyes open, slightly closed, or closed. Here we will be scanning for anything that feels tight, stuck, agitating, blocked, dense, tense, bumpy, ropey, achy, sharp, pinchy, pokey, stabbing, annoying, etc.

- Take a few release breaths, in through your nose and out through your mouth.
- With your next breath, bring your attention down to your feet and firmly press one foot at a time into the ground.
- Bringing your attention to both feet begin to move the feet around circling each foot and opening and closing the toes. Noticing any sensation in the feet and the ankles that may stand out. Describe the sensation.
- Slowly begin to take some movement throughout your right leg, and then your left, bending and straightening, moving the leg gently side to side, noticing any sensations that may stand out. Describe what you notice.
- Bring your attention to your seat making contact with the support beneath you slowly move side to side front to back. Noticing sensation both in the front lower half of the body and the back body. Noticing any sensations that may stand out. Describe what you notice.
- Bring your attention now just to your back body and your spinal column. Begin to gently press down through your seats so that your spinal column grows long all the way to your neck and into the base of your skull. Allow that movement to soften now so that your whole spinal column including your head and neck begin to gently round. Take that motion a few times upward and then slowly rounding. Notice any sensation along the back body- the lower back, mid-back, and upper back and into and between your shoulder blades. Noticing any sensations that may stand out. Describe what you notice.
- Bring your attention now to your front body and slowly allow your shoulders to roll in as well as your chest and your abdominal area. And then begin to slowly open that up, with your shoulders back and chest forward, and abdominal area lengthened. Take that movement a few times rolling in and rolling open. Noticing any sensations that may stand out. Describe what you notice.
- Bring your attention up to your neck. Start to gently move your head from side to side and then back to center. Slowly draw your chin towards your chest and then let the head gently rise and lift your chin toward the ceiling until you feel a stretch in the front of your throat. Take these movements side to side front and back a few times. Noticing any sensations that may stand out. Describe what you notice.
- Bring attention now to each arm beginning to move the right arm and then the left and then both at the same time. Starting to notice any sensation or difference in one arm to the other. Moving into the hands and the fingers. Noticing any sensations that may stand out. Describe what you notice.

- And now take a moment to see what you notice?
- What stands out the most?
- What area/s calls your attention the most?
- Does this surprise you or is this an area that you are familiar with?