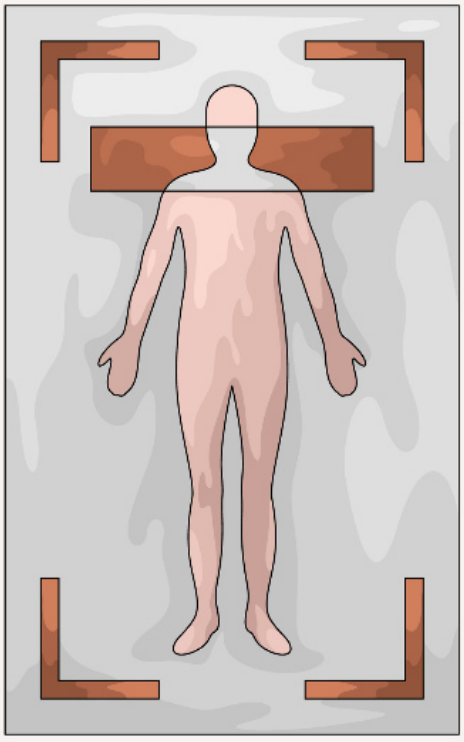
THE BODY SCAN

(photocopier edition)



SWIPE NEXT →

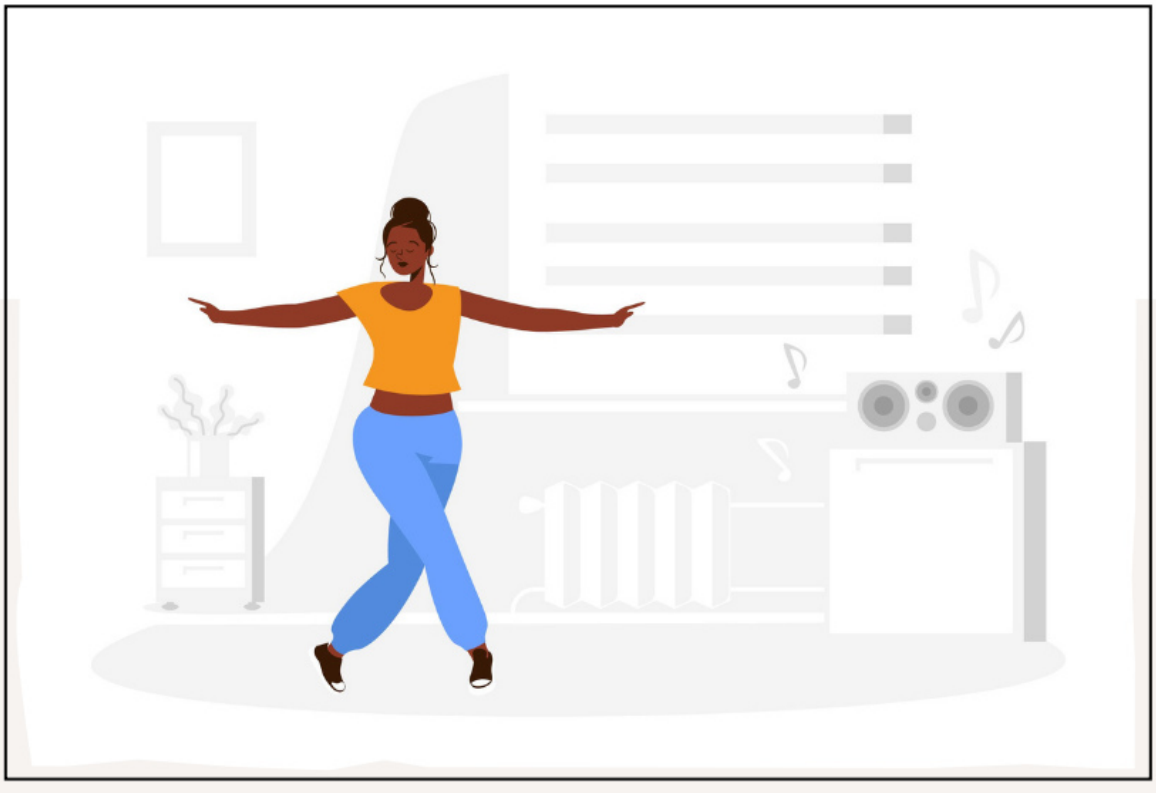
Take a moment to notice your breath body and posture

Nowhere else right, no wrong

Nowhere else to be, nothing else to do at this precise moment

Now imagine a bright light like the photocopy scanning your body from crown of your head to the tip of your toes or in reverse.

You decide the speed of the scan and notice how each part of your body response to a moment of acknowledgement.



SWIPE NEXT →

Does any body part(s) whisper back?

I'm achy | I'm joyful | I'm tense

Notice listen and ask

What do I need right now?