

# STEP-BY-STEP TO BODY SCANNING



## 1. Settle In

Get comfortable in your posture of choice, close your eyes, and take a few deep breaths to relax.

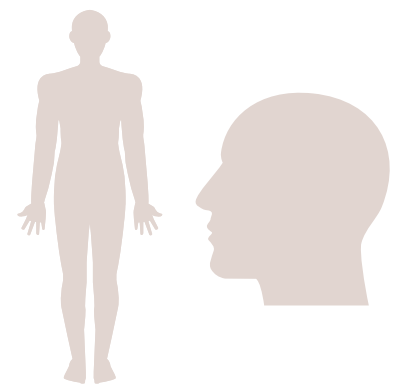


## 2. Relaxed Diligence

Remind yourself to approach meditation gently, but with a genuine and consistent effort.

## 3. Choose Your Targets

Are you going to focus in on smaller primary sections, or do a full-body scan for this session?



## 4. Begin Body Scanning

Start by highlighting different areas as you move through your target section, while labeling any sensations you find.

## 5. End With Your Last Target

Finish your meditation session when you've completed the last areas of your chosen targets.



Don't forget to  
check the emails  
for more!

