

Body Scan Meditation Script

Duration: Approximately 20-30 minutes

Introduction

- **Leader:** "Welcome, everyone, to this Body Scan Meditation session. The aim of today's practice is to focus on your body and give attention to sensations you may feel. Whether you are seated or lying down, make sure you are comfortable. Close your eyes if it feels right for you. Let's begin."

Starting With the Breath

- **Leader:** "First, take a few deep breaths. Inhale deeply through your nose, filling your lungs completely, and exhale through your mouth. Repeat this three times."

Feet-to-Head Scan

Feet

- **Leader:** "Bring your awareness down to your feet. Feel the weight of your feet against the floor. Notice any sensations—warmth, coolness, tingling, or maybe nothing at all. Take a deep breath and as you exhale, imagine letting go of tension in your feet."

Legs

- **Leader:** "Slowly move your attention up to your legs. Feel your calves and thighs against the surface you're on. Are they tense, relaxed, or neutral? Breathe into them, and exhale out any tension."

Hips and Lower Back

- **Leader:** "Shift your attention to your hips and lower back. These areas often hold a lot of tension. Do they feel heavy or light? Take a deep breath, and as you exhale, release any tension you might be holding."

Stomach and Chest

- **Leader:** "Move your awareness up to your stomach and chest. Can you feel your breath in these areas? Take a deep inhale, feel your chest and stomach expand, and exhale fully."

Arms and Hands

- **Leader:** "Let your attention flow down to your arms and hands. Feel the weight and texture of your arms. Make a fist and then release. Notice the different sensations as you do this."

Shoulders and Neck

- **Leader:** "Move your focus to your shoulders and neck. These areas also commonly hold tension. Take a deep breath and, on the exhale, allow your shoulders to fully relax."

Head and Face

- **Leader:** "Finally, bring your awareness to your head and face. Are your jaw and eyes tense or relaxed? If they are tense, breathe into them and allow them to soften on the exhale."

Closing

- **Leader:** "Take a deep breath, inhaling peace and relaxation. Exhale, releasing any remaining tension. Start to wiggle your fingers and toes, gently bringing movement back into the body. When you are ready, slowly open your eyes."
- **Leader:** "This concludes our Body Scan Meditation. I hope you found this practice beneficial. Thank you for joining."