

Body Awareness Practice



Settle into a comfortable position that supports you to be awake and aware.

For your support and warmth adjust your posture, using cushions, blankets, and blocks.



Bring awareness to your whole body.

Noticing the connection between your body and the surface beneath.



With loving kindness gently focus on your breath.



Choose a position on your body to begin the awareness practice and gently work through the body.



Moment by moment, area by area, sensing any sensations throughout your body.



Remain curious throughout the practice.



Use your breath as an anchor and slowly escorting your mind back when it wanders.



Be kind and compassionate to yourself.

Do not push away your thoughts, feelings, and sensations.

Acknowledge them with kindness and curiosity.

Don't forget to breathe.