

# BODY SCAN SCRIPT



[quietmindguide.com](https://quietmindguide.com)

# INTRODUCTION

**Find a quiet and comfortable space where you can lie down without interruption. You may use a yoga mat, a bed, or any soft surface. Close your eyes or keep them slightly open with a soft gaze. Begin by taking five deep breaths, inhaling slowly and exhaling gently. With each breath, allow your body to sink a bit deeper into relaxation.**



## HEAD AND FACE

**Focus your attention on the top of your head. Notice any sensations of warmth, coolness, tingling, or pressure. Slowly move your awareness to your forehead, eyebrows, eyes, and cheeks. Be mindful of any tension in these areas and allow it to release with each breath.**



# NECK AND SHOULDERS

**Gently shift your focus to your neck. Feel the weight of your head resting and any sensations within the neck. Progress to your shoulders, acknowledging any stiffness or heaviness. Imagine your breath flowing into these areas, bringing relaxation and lightness.**



# ARMS AND HANDS

**Bring your attention to your upper arms, elbows, forearms, wrists, and hands. Notice the sensations in each finger and the palms. If your mind wanders, gently guide it back to the sensations in your arms and hands.**



# CHEST AND BACK

Now, focus on your chest. Feel the rise and fall with each breath. Observe any sensations or emotions residing there. Move your attention to your upper back, mid-back, and lower back. Notice the contact points with the surface beneath you and any areas of tension.



# ABDOMEN AND HIPS

Shift your attention to your abdomen. Feel the gentle movement as you breathe. Then, bring awareness to your hips and pelvis. Observe the weight and any sensations of pressure or tightness.



# LEGS AND FEET

Finally, direct your awareness down each leg, from the thighs to the knees, calves, ankles, and feet. Notice the sensations in each toe and the soles of your feet. Feel the entirety of both legs, observing them with gentle curiosity.





# WHOLE BODY AWARENESS

Expand your attention to encompass your whole body. Feel the collective weight, warmth, and presence of your body. Breathe deeply, embracing a sense of total relaxation and wholeness.



# REFLECTION AND CLOSING

**Reflect on the journey through your body, acknowledging any new sensations or insights. Gently wiggle your fingers and toes, bringing movement back to your body. When you feel ready, open your eyes and transition slowly back to your day, carrying this sense of deep relaxation and awareness with you.**

