**Flourishing in the Garden**

**Basic Body Scan**

**Week 1 // Lesson 1**

Welcome to a short body scan.

You can start by finding a comfortable position so maybe that is seated with your legs crossed, maybe seated in a chair. Maybe you find a space on the ground that you can recline back and lay down on your back. But from here, just taking whatever you need any position and then allowing yourself to start to settle into this position and if it feels comfortable, you can close your eyes and if not, that's okay. Just wherever you are, starting to settle into your space.

We will start first just by noticing the breath. Start to notice how the breath wants to move through the body. Maybe noticing the pace of your breath or the rhythm of your breath. Noticing the temperature of your breath. Maybe noticing how deep your breath goes into your belly, noticing the spaces that it's moving.

And again, this is all just feedback. So we're just noticing no need to judge or quantify just taking in information.

And then from here we'll start to work through the body scan. So we'll start at the feet just noticing any sensation in the feet

We will move up through the ankles and the calves just noticing the space.

We will move through the knees and the upper part of the leg, the hamstrings and the quads just noticing any sensation here.

Now move up to the hips and just noticing the space. The space that's connected to the earth the backside of the hips, the front of the hips, sides of the hips.

Then we'll move up through the belly and the back. Noticing again that full space, so the front of the belly, the sides of the ribs, lower back, arching your back.

Then we'll move up and notice any sensation in the heart space. So again, noticing that full space here from the back, the shoulders, the upper parts of the side ribs, the chest, maybe noticing the collarbones and just noticing any sensation in the space.

We'll move up to the top so the shoulders in the upper arms. Noticing the triceps, biceps and noticing the elbows noticing any sensation here.

Now move to the lower parts of the arm so the forearm, the wrists and the noticing the hands, the back of the hand, palm of the hand, the fingers and just noticing any sensation here.

Then we'll work our way back up the arm past the elbow, the upper arm to the shoulder and we'll find yourself at the neck. Noticing any sensation here and again the full space so the throat the sides of the neck, the back of the neck.

Then maybe starting to move up into the heads and noticing the chin jaw line. Noticing the back of the head, the face the ears on the sides of the head and then noticing the crown that space right at the top of the head.

Then we'll take a step back, from noticing one part at a time and you can even imagine yourself floating above your body, looking down at yourself, and allow your awareness to grow from the crown of the head to the rest of your body.

Still allowing that focus area to grow.

Now noticing the totality of your own body in space here and just allow yourself to surrender to the earth just for a few moments, soaking in this awareness.

*{If you notice the group moving or fidgeting this can be a helpful technique}* (If at any time you need support to stay in this meditative space, you can always start to tap your thumb and your finger. Your thumb and your middle finger thumb and your ring finger thumb and pinky finger. So just kind of tapping the fingers can help to bring your awareness back to the body if it goes somewhere else.)

Just taking a couple more breaths here to be in this space.

And then when you're ready, you can start to bring awareness again back into the body. Maybe by wiggling the toes and the fingers. Take a nice deep breath. Maybe take a long stretch along the earth and then when you're ready, you can hug knees into your chest and roll over to one side.

Now take a moment here on your side to breathe and think of one thing that you're grateful for.

Then with that gratitude press up to a seated position, you can keep your eyes closed or you can keep your gaze down at the ground.

We will end our practice here with one sound of om. So you can join in and make the sound, you can hum along, whatever you would like.

We will inhale to prepare.

~OMMMM~

Thank you for sharing this body scan practice with me.