

Body Sensing Meditation



EQUIPMENT Relaxing music and mats (optional)

SET-UP Participants sit or lie down on the floor a safe distance apart from each other in the activity area. Consider dimming the lights.

ACTIVITY

- Guide participants through the following movements, and ask them to visualize their body feeling light and relaxed:
 - Direct participants to let their thoughts go down to their feet. Encourage participants to become aware of their feet.
 - Moving from the feet up, name each major body part one at a time.
 - Guide participants to become aware of that body part and think about how light and relaxed it feels.
 - Ask participants to release their focus from that body part as they move onto the next body part.
 - After you address all major body parts, remind participants to keep breathing, and allow them to lie or sit quietly for a few minutes.

