



## Video Transcript

### **Meditation: Body Scan For Relaxation**

Hi, I'm Ariana, and I'm going to walk you through just a super simple body scan. My hope is that you can come back to this practice and come back to this space every single time you need it, before a big meeting, after a really stressful event, or just an opportunity to come back into yourself, to ground yourself. If you've never done a body scan before, I'm so excited for you and this treat that you're about to receive. So get comfy.

My preference is almost to just sit on your couch, lie down in your bed, whatever makes you feel really safe and supported. So if you're like me and you have a nice comfy couch that you can sit on, scoot your back all the way back. You can cross your legs or just let them hang down. Truly, there's no right or wrong way. What is important is that you let your body completely surrender to the support below. So once you've found your comfortable space,

You can let your palms fall into your lap or let them fall at your sides. I'm going to take mine in my lap. So once we've gotten cozy and you're ready, you can close your eyes. Take a second to let yourself arrive in this space. Notice the quiet. Notice maybe any internal chatter or noise that you brought into this practice. That's okay. You can set it down right next to you. Let it be a part of us slowing down, tuning in, creating more awareness and space. And we'll open our practice today to further land here the discipline of arriving by taking three deep breaths in the nose and exhaling out the mouth. Breathing in, exhale out, inhale, and out. One more big inhale, exhale. Let the breath drift back to its natural resting pace and rhythm. Just simply noticing what it feels like to breathe in your body today. That sensation of the rise and the fall. The mind following the inhale and the long slow exhale. And on this next breath, maybe you notice where in your body you can feel it move most easily.

Maybe it's the belly just loose, inflating and deflating. Maybe it's the ribcage expanding and softening. Maybe it's just the texture of the air passing the back of the throat. And as you explore that sensation, we take that same approach. As you shift your awareness to your feet, notice what sensations are you holding between your toes on the pads of your feet.

the arches of your feet the weight of your heels if they're resting on the ground can you feel them pour into the earth allow your awareness to drift up to your ankles feeling the weight of the ankles heavy relax letting go soften your calves you're lying down there pressing into the floor the earth or just simply falling that gentleness creeps up your shins wraps around your knees, soften into your knee joint, almost as if you can feel the breath circling through, creating more space. Allow the awareness to travel up to your thighs, as if you could feel the muscle melt off the bone. Heavy. Relax. The awareness creeps up to your tailbone, rooted like a plug, right here.

Any tension or tightness pours out from the tailbone into the earth, letting go from the belly button down. Everything is heavy, supported, nowhere to go, nothing to do. Just right here, the awareness travels up to the muscles of your low back, your middle back, your upper back. You can let go of the tension in your shoulders. Just let them fall down.

It's okay. Soften your belly. Let it move freely. There's nothing to hold in here. Notice the spaces between your rib. As the lungs breathe and expand. And soften and relax. The awareness travels up to your sternum.

heart space. Imagine warm sunlight beaming across your chest. You can soften and let go here. Let that warmth spread from shoulder to shoulder so your upper arms just hang heavy. Your elbows can just fall. Your forearms are relaxed. The tiny bones of your wrists to your palms all the way at your fingertips are heavy.

Letting go. Soften your throat. Notice the jaw. If we're clenching, can you soften and let the mouth lightly part open? That's perfect. Smooth the muscles of your cheek. Quiet any intensity behind your eyes. Nothing to focus on. It's okay. The eyelids are just gently shut. Soften the space between your eyebrows. Smooth your forehead.

Just simply notice the weight of your head. Stop. Resting. Nowhere to go. Nothing else to do. Start to deepen your breath. Fill up with a little bit more air and energy. Notice that sensation. One big breath in the nose. Exhale out the mouth. Let the eyes open. Welcome back. Thank you so much for sharing this practice with me.