

Mindfulness Meditation Scripts with Jai Prem Yoga

Relaxation Body Scan

Begin by finding a comfortable seated or lying down position. If you are seated allow the spine to remain long. If you are lying down allow the feet to be at least hip distance apart if not more and allow the hands to be at least six inches away from the hips in not more, palms facing up, allowing the shoulders to rotate open. If you feel any discomfort in your low back, you can always place a rolled up blanket or pillow under your knees to help alleviate any strain or pressure you may experience in your lower back.

Once you find a comfortable position. Allow the eyes to close and your breath to begin to deepen, breathing in and out of your nose if that is comfortable for you today.

As your breath begins to deepen, feel your body settle into the support of the earth beneath you. Invite any tension or tightness you may be experiencing in your body to let go and release into that support beneath. If and when thoughts begin to filter into your mind, acknowledge the thought, and let it go with the exhale, as you draw your awareness back to the breath.

Scanning through your body, silently repeat after me:

Toes relax. Feet relax. Calves relax. Thighs relax. Hips relax. Glutes relax. Hips relax. Pelvis relax. Abdomen relax. Chest relax. Lower back relax. Middle back relax. Upper back relax. Shoulders relax. Hands relax, let go of your grasp. Forearms relax. Biceps relax. Neck relax. Throat relax. Jaw relax. Tongue relax. Cheeks relax. Eyes relax. Forehead relax. Face relax, let go of your mask. Scalp relax. The whole body should be relaxing. Breathing in and breathing out. Allowing the body to let go and relax. From this relaxing place, invite a whole body breath. Where you inhale through the heels, all the way through the crown of the head. As you exhale feel the breath come down through the crown of the head all the way through your heels. Repeating that full body breath as you settle in and relax.

After a few more moments of breathing in this manner, let go of the full body breath, and allow your breath to return to a natural rhythm. Feeling the sensations of the breath as the air enters and exits through your body. Without judgment, begin to note your experiences in the breath, in the body, and in the mind. When you feel ready, begin to invite gentle movement by wiggling the fingers and toes, bringing awareness back to the physical form. In your own time, reach the arms overhead, lengthening from your fingertips all the way through your toes. Drawing the knees into your chest, gently rolling over to your right hand side, pausing for a moment. Then slowly press yourself up to a comfortable seated position. Taking a moment to offer gratitude for yourself for taking these mindful minutes to practice breathing.