



## 5 Minute Body Awareness Practice

Here is a practical and easy way to begin to access your Body Wisdom :

1. Sit in a chair or on the floor; or lie down on a comfortable surface
2. Set a timer for 5 minutes
3. Feel your back body and legs making contact with the chair or floor, and your feet on the floor if sitting
4. Notice your breath: in and out
5. Do you feel any tension or holding anywhere in your body?  
check in with hips, jaw, abdomen, hands, shoulders, eyes
6. Do you feel any pain in your body?
7. Choose one site of tension or pain and BREATHE toward this area with your INHALE
8. On your EXHALE say "soften" or "ease" quietly in your mind
9. Repeat for 10-15 breaths
10. Observe what happens