

Body Scan Meditation Scripts



A little space to notice how you feel.

3, 5, 10 and 15-minute scripts
with a 30-minute adaptation

CHOOSE YOUR PRACTICE

3 minutes	Sitting or lying down	2
5 minutes	Lying down or supported sitting	3
10 minutes	A detailed scan	4–5
15 minutes	A slower, more detailed scan	6–7
30 minutes	Adapt the 15-minute script	8

Before you begin

Read at about half your normal speaking speed. Pause cues in the right margin are where the practice happens, so don't rush them; a few breaths is close enough. The aim is to notice sensations, not to relax on purpose. Keeping your eyes open, sitting up, or skipping a body part are all fine. If a scan reliably leaves you feeling worse, stop and try a different practice.

Free to print and use with clients, classes or yourself.

Evidence, sources and the full guide: lifenbyte.com/body-scan-meditation-script/

3 MINUTES

Body scan meditation

Position: Sitting or lying down

PAUSE

Settle into whatever position you are in. You don't need to lie down for this one. Let your eyes close, or rest your gaze on a spot on the floor.

5 sec

Take one slower breath in, and let it go.

5 sec

Bring your attention to your feet. Notice where they touch the floor. Pressure, warmth, coolness, or not much at all. Whatever is there is fine.

15 sec

Let your attention move up through your legs to wherever your body is being supported: your seat, your back, the bed. Notice the weight of your body being held.

15 sec

Now your belly and chest. Notice the breath moving here, without trying to change it.

15 sec

Your shoulders, arms and hands. If you find tension, you don't have to fix it. Just notice that it's there.

15 sec

Your neck, your jaw, your face. Is the jaw clenched or loose? Notice the small muscles around the eyes.

15 sec

Now widen your attention to take in the whole body at once, sitting here, breathing.

20 sec

When you're ready, open your eyes and carry on with your day.

5 MINUTES

Body scan meditation

Position: Lying down, or sitting with your back supported

PAUSE

Find a position where your body is fully supported. Lying on your back with your arms by your sides works well, but sitting is fine too. Let your eyes close if that's comfortable.

10 sec

Notice the points where your body meets whatever is underneath it. Let the floor, the bed or the chair take your weight.

10 sec

Take a few breaths at their own pace. There's nothing you need to do with them.

15 sec

Bring your attention to your feet: the toes, the soles, the heels. Just notice what sensations are here right now.

20 sec

Move up to your lower legs and knees. You might notice contact with the floor, the feel of fabric, or nothing in particular. Nothing in particular is a perfectly good thing to notice.

20 sec

Your thighs and hips. Notice their weight.

20 sec

Your lower back and belly. Notice the belly rising and falling as you breathe.

20 sec

Your chest and upper back. Notice the breath here too.

20 sec

Your hands, arms and shoulders. Shoulders often hold tension. If they want to drop a little, let them. If they don't, that's fine too.

20 sec

Your neck, jaw and face. Your forehead, the top of your head.

20 sec

If your mind wandered at any point, that's normal. Noticing that it wandered and coming back is the practice.

5 sec

Now feel the whole body at once, from the feet to the top of the head, breathing.

30 sec

Begin to move your fingers and toes. When you're ready, open your eyes.

10 MINUTES / PART 1 OF 2

Body scan meditation

Position: Lying on your back, arms by your sides

PAUSE

Lie on your back with your arms resting by your sides and your legs uncrossed. If lying flat is uncomfortable, put a pillow under your knees. Let your eyes close, or keep them softly open and looking at the ceiling.

10 sec

Feel the weight of your body on the surface beneath you. You don't need to relax on purpose. Just let yourself be held.

15 sec

For a few breaths, notice the breath moving in and out of the body. No need to deepen it or slow it down.

20 sec

The aim here isn't to feel relaxed or to feel anything special. It's to notice what's actually there, part by part, and let it be as it is.

5 sec

Bring your attention down to the toes of your left foot. Notice any sensation: tingling, warmth, coolness, the touch of a sock, or no sensation at all.

20 sec

Let your attention spread to the sole of the left foot, the heel, the top of the foot, the ankle.

20 sec

Move up into the left lower leg: the calf, the shin, the knee.

20 sec

The left thigh, front and back, and the left hip.

20 sec

Now move your attention across to the toes of your right foot. The sole, the heel, the top of the foot, the ankle.

20 sec

The right lower leg, the calf and shin, the knee.

20 sec

The right thigh and the right hip.

20 sec

Continue on the next page >

10 MINUTES / PART 2 OF 2

Body scan meditation

Position: Lying on your back, arms by your sides

PAUSE

Your pelvis and lower back. Notice where your body presses into the floor or bed.

20 sec

Your belly. Notice it rising gently on the in-breath and falling on the out-breath.

20 sec

Your upper back and shoulder blades. Your chest, and the movement of your ribs as you breathe.

20 sec

If your mind has drifted into planning or remembering, that isn't a mistake. Note where it went, and come back to the last part of the body you remember.

5 sec

Your left hand: the fingers, the palm, the back of the hand. Up through the wrist, forearm, elbow and upper arm.

20 sec

Your right hand, fingers, palm and back of the hand. Up through the wrist, forearm, elbow and upper arm.

20 sec

Your shoulders, and your neck, front and back.

20 sec

Your jaw. Notice whether the teeth are touching. Your mouth, your nose, your cheeks, the area around your eyes, your forehead.

20 sec

The back of your head, and the very top of your head.

20 sec

Now let go of the individual parts and feel the body as a whole, lying here, breathing. From the soles of the feet to the top of the head.

45 sec

Start to bring some movement back. Wiggle your fingers and toes, stretch if you want to. When you're ready, open your eyes and take your time getting up.

15 MINUTES / PART 1 OF 2

Body scan meditation

Position: Lying on your back, arms by your sides

PAUSE

Lie on your back in a position you could stay in for fifteen minutes. Arms by your sides, palms up or down, legs uncrossed. A pillow under the knees or head is fine. Let your eyes close, or keep them half open.

15 sec

Notice the whole shape of your body lying here, and every point where it touches the surface underneath. The heels. The calves. The backs of the thighs. The buttocks. The back. The shoulder blades. The back of the head.

20 sec

Let your attention rest on the breath for a little while. Notice the belly rising and falling. There is nothing to achieve here. You're not trying to relax, fall asleep, or clear your mind. You're just noticing.

30 sec

Bring your attention down the left leg to the toes of your left foot. See whether you can feel each toe separately: the big toe, the little toe, the ones in between. If you can't, notice that.

25 sec

The sole of the left foot, the heel where it rests on the floor, the top of the foot, the ankle.

25 sec

As you breathe in, you might imagine the breath travelling all the way down to the foot, and on the out-breath flowing back up and out. If that image doesn't work for you, let it go and just keep noticing.

20 sec

The left calf and shin. The knee, the front of the kneecap and the back of the knee.

25 sec

The left thigh. The large muscles at the front, the back of the thigh against the floor. The left hip.

25 sec

Now let the left leg go, and bring your attention across to the toes of the right foot. Each toe. The sole, the heel, the top of the foot, the ankle.

30 sec

The right calf and shin, the knee, the back of the knee.

25 sec

The right thigh, front and back, and the right hip.

25 sec

Your pelvis, the buttocks against the floor, and the lower back. If you meet discomfort anywhere, try approaching it with curiosity rather than a fight. Where exactly is it? Does it stay the same or shift? You can always move to ease it. Moving mindfully is part of the practice, not a break from it.

30 sec

Continue on the next page >

15 MINUTES / PART 2 OF 2

Body scan meditation

Position: Lying on your back, arms by your sides

PAUSE

Your belly. The in-breath and the out-breath, felt as movement.

25 sec

Your upper back, the spine, the shoulder blades against the floor.

25 sec

Your chest. The ribs widening and narrowing. You may be able to notice your heartbeat here, or you may not. Either is fine.

25 sec

Minds wander, and yours will have done so several times already. Each time you notice it has gone, gently come back to the body. That return is the skill you're training.

10 sec

Your left hand. The fingertips, each finger, the palm, the back of the hand. The wrist, forearm, elbow, upper arm, up to the left shoulder.

30 sec

Your right hand. The fingertips, each finger, the palm, the back of the hand. The wrist, forearm, elbow, upper arm, up to the right shoulder.

30 sec

Both shoulders together. Your neck, front and back, and your throat.

25 sec

Your jaw and chin. Your lips, your tongue resting in the mouth. Your nose, and the air moving at the nostrils, a little cooler going in and warmer going out.

25 sec

Your cheeks, your eyes and eyelids, your eyebrows, your forehead, your temples, your ears.

25 sec

The back of your head resting on the floor or pillow, and the crown at the very top of the head.

25 sec

Now widen your attention to hold the whole body at once. The body lying here, breathing, whole. Let it be exactly as it is.

60 sec

Begin to deepen the breath a little. Move your fingers and toes. Roll onto one side if you'd like, and when you're ready, come up slowly into sitting.

30 MINUTES / ADAPTATION

Make more room for stillness

Use the 15-minute script on pages 6–7 with these changes.

- 1 Double every pause in the 15-minute script. Silence carries most of the extra time. The words hardly change.
- 2 After settling in, add two minutes of simply resting with the breath before you go to the feet.
- 3 On each foot, move through the toes one at a time, then the ball of the foot, the arch, the heel and the ankle, each as its own stop.
- 4 At the belly and chest, add a minute of breathing "into" the whole torso, noticing the back of the body widening as well as the front.
- 5 At the face, stop separately at the jaw, the mouth, the nose, the eyes, the forehead and the scalp.
- 6 Give the whole-body section a full four minutes. This is the part the longer versions exist for.