

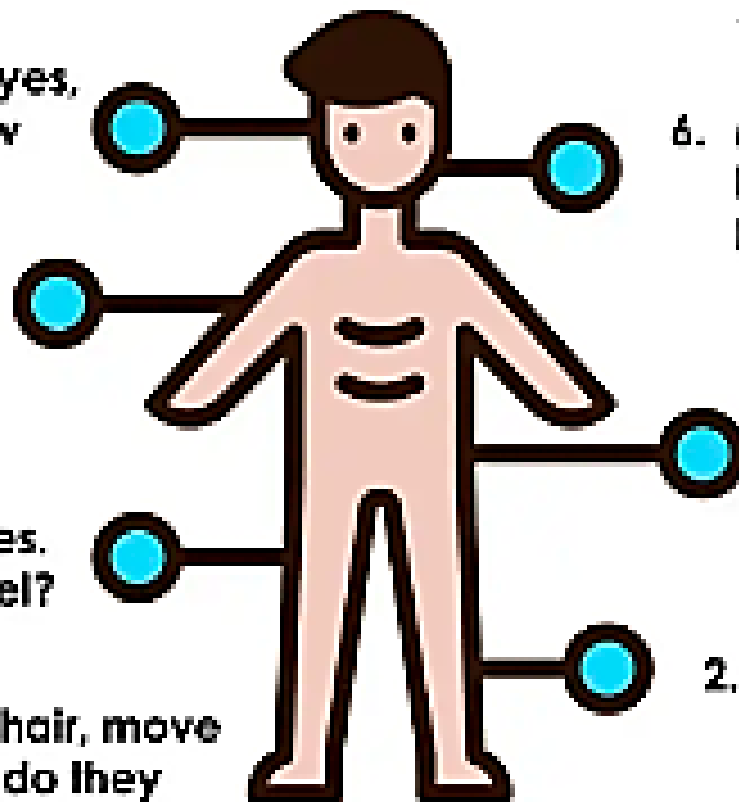
# BODY SCAN

7. Move up your body to your eyes, then head. How do they feel?

5. Move up your body to your arms. How do they feel?

3. Go to your knees. How do they feel?

1. Sitting in your chair, move your toes. How do they feel? Stiff or relaxed?



8. If anything feels stiff, do a stretch, wiggle or bend until it feels relaxed.

6. Move up your body to your neck. How does it feel?

4. Move up your body to your hips. How do they feel?

2. Move to your ankles. How do they feel?