



# Body Scan: Managing Pain, Illness, & Stress with Guided Mindfulness Meditation

*Sona, Vidyamala*

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## **Body Scan: Managing Pain, Illness, & Stress with Guided Mindfulness Meditation** Sona, Vidyamala

The Body Scan is a meditation practice that helps us to develop habits of greater ease and awareness of the body. Adopting a comfortable posture (lying down or sitting) we 'scan' through the whole body with our awareness, using the breath to 'let go' of areas of pain and/or tension.

This CD contains two body-scan meditations of different lengths. Body-scan meditation is a mindfulness practice that anyone can do while lying in bed or any other flat surface. The meditation directs attention to various parts of the body, bringing awareness and openness to the sensations that are experienced. By bringing awareness to these different areas, you'll begin to experience a relaxing of the muscles and joints, allowing you to be more fully present and at ease in your body.

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