

The SLOW Body Scan Practice[©]

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Soften / Slacken the Face

Breathe and feel your face's muscles and let them slacken and go soft. Rest your mind on the softening sensations of your face

Wiggle / Wilt Hands & Fingers

And like what happens to every flower, let your fingers wilt. Breathe and let them go wiggly with looseness



Lower / Loosen the Shoulders

Wherever your shoulders are, let them lower and go loose. Breathe more looseness into them

Open the Belly with Breath

Slowly breathe, expand and open your belly