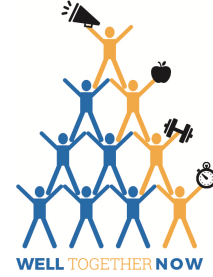




Mindful Moments Sensation Exploration – Short Script



Take a seated position.

Begin with three STARTER BREATHS.



- Do this three times:

Breathe in and pull your shoulders up toward your ears. Breathe out and let them drop.

Today we will focus on feeling sensations in our bodies. Imagine a flashlight shining on your body as we move from spot to spot. This light can help to focus your attention as it shines on each place. Close your eyes if you feel comfortable to do so.



Shine the flashlight on your right hand. Keep your attention here until we move the light. Ask yourself, what do I feel here?

Notice if there is warmth or coolness. Maybe you feel some tingling. It is okay if you don't feel anything at all. There are no wrong answers or wrong feelings. Stay here for about 30 seconds.



Now, shine the flashlight on your left hand. Keep your attention here until we move the light. Ask yourself, what do I feel here?

Does this hand feel different from the other? Stay with this hand for about 30 seconds.



Next, shine the flashlight on your belly. Keep your attention here until we move the light. Ask yourself, what do I feel here?

Notice how your belly moves with your breath. Does it move quickly or slowly? Does your belly feel empty or full? Don't try to change your breath. Just keep your attention in the light on your belly for about 30 seconds.



Let's finish by shining the flashlight on your chest. Keep your attention here until we move the light. Ask yourself, what do I feel here?

How does your chest move with the breath? Do you feel your heart beating? Stay here for about 30 seconds.



**To close our cool down, let's take 3 BUTTERFLY BREATHS.
Breathe in and spread your wings. Breathe out and close your wings.**