

Tuning in

You may find it beneficial if you 'tune in' to your body before you begin your practice. The suggested exercises below can help to focus your attention towards your body. And remember to keep breathing!

Touching for pleasure

- With eyes closed breathe naturally for a few minutes, noticing your breath as it goes in and out without trying to change it.
- Take an object in one hand and move it over the other hand: touching as many surfaces of the object to as many surfaces of your hand and wrist as possible, varying the speed and the pressure.
- With eyes closed, feel into the sensations of the object on your hand as deeply as possible. How do changes in movement, or on different parts of the hand feel?
- After 5 minutes return to stillness and breathe naturally for a few minutes. Bring your focus to the breath again.
- Repeat the exercise on the other hand, but with a different object so that you are experiencing new sensations.

Guided version here: <https://youtu.be/FOESjqXDfKM>

Body scan

Spend 5 minutes sitting quietly, focusing on the breath and noticing the sensations in different parts of the body in turn. There is a guided body scan here: <https://youtu.be/5b-Eq0WYFLE>