Body Scanning is a technique for becoming aware of and passively releasing muscle tension and discomfort throughout the body. Excess muscle tension can contribute to muscle pain, headaches and fatigue. Body scanning develops an awareness of your inner environment to help relieve and ultimately prevent the build-up of tension. A complete scan can help achieve a deep state of relaxation and comfort. A quick scan focusing especially on the areas you tend to hold tension takes only seconds and can be done sitting, standing or walking.

**More Information**

Body Scan Podcast: [www.belleabramson.com/mindfulness/podcast-body-scan/](http://www.belleabramson.com/mindfulness/podcast-body-scan/)

YouTube 10 min Body Scan: [www.youtube.com/watch?v=obYJRmqrqOU](http://www.youtube.com/watch?v=obYJRmqrqOU)