



## Body Scan Video Links

Body Scan is a type of meditation that allows us to slowly and gently reconnect our brains and bodies.

I particularly like this style of meditation because:

- it gives my brain something to do during the meditation time, especially when settling down feels difficult
- it is easy to remember how to do this technique on my own
- it has helped train me how to observe what's going on inside of my brain and body without judgment and with curiosity

Any amount of time is valuable. Below are links for Body Scan guided meditations that last from three minutes up to twenty minutes.

3-Minute Body Scan

[https://www.youtube.com/watch?v=41ytj\\_bh\\_1l](https://www.youtube.com/watch?v=41ytj_bh_1l)

5-Minute Body Scan

<https://www.youtube.com/watch?v=HsmSEZmUT8o>

7-Minute Body Scan

[https://www.youtube.com/watch?v=kPPpb5\\_92uY](https://www.youtube.com/watch?v=kPPpb5_92uY)

10-Minute Body Scan

<https://www.youtube.com/watch?v=pyy3dHW4cSw>

15-Minute Body Scan

<https://www.youtube.com/watch?v=T0nuKBVQS7M>

20-Minute Body Scan

<https://www.youtube.com/watch?v=AeOXCgF4S0s>