centrs marta

BODY AWARENESS MEDITATION



CENTRS MARTA

indoors | outdoors

coaching & mental well being

individual | pairs | group
(no limit for participants)

5 mins

bodywork

PURPOSE

- To ground and calm oneself and reduce the intensity of emotions.
- To promote awareness and the ability to be present.

MATERIALS

No materials needed

PREPARATION

Find a calm place where it is possible to be without distractions for the time of activity.

INTRO

This is an activity to relax, re-focus and train one's ability to be present and mindful.

BODY AWARENESS MEDITATION

5 STEPS

1. Find a comfortable space without distractions.

2. Choose one part of your body (e.g. finger, stomach etc.). Important: it has to be easily felt and characterized (e.g. don't choose such body parts as the liver or heart).

3. Think about this body part – where is it, how it moves (if you can move it), how it looks...

4. Describe this body part from a physical aspect with 5 adjectives (e.g. it is round, long, painful..).

5. Feel the body part. Describe it emotionally – how it feels to have it; what are its needs etc.

REFLECTION

- Did you manage to be present and focus on the chosen body part without distractions?
- How did it feel? If you managed to be present, how did that feel?
- What were your biggest challenges?

COMMENTS

You can start only with the focus on the physical aspects of your chosen body part. When you have had more practice, you can move to the next step and also focus on emotional descriptions.

Activity can have a follow-up with the focus on the whole body – taking 2-3 minutes to feel how the whole body feels.