



Sitting/Laying Option:

As you listen out your window or on a park bench, give these instructions in a low, gentle voice, always phrasing as an invitation and not as a demand:

- As you sit in a chair or lay on the ground, I invite you to notice how your body feels.
- Pay attention to how your legs, feet, and arms feel as you sit still.
- If you are sitting, feel the contact of your body against the chair. If you are lying, feel the contact of your body against the ground.
- If you become lost in thought as you continue to be still, use the next step as an opportunity to regain focus.
- Using your sense of sight, look around and notice every detail.
- Use your sense of smell and notice any scents.
- Using your sense of touch, notice the solidity of the ground or chair.
- With openness and curiosity, notice any sensations, thoughts, and feelings that arise, without lingering on anything in particular.

Walking Option:

As you walk slowly, give these instructions in a low, gentle voice, always phrasing as an invitation and not a demand:

- As you walk, I invite you to notice how your body feels.
- Pay attention to how your legs, feet and arms feel as you move.
- Feel the contact of your foot as it touches the ground, and the movement of your body as you move into the next step.
- If you become lost in thought as you continue to walk, use the next step as an opportunity to regain focus.
- Using your sense of sight, look around and try to notice every detail.
- Use your sense of smell and notice any scents.
- Using your sense of touch, notice the solidity of the earth beneath your feet.
- With openness and curiosity, notice any sensations, thoughts and feelings that arise, without lingering on anything in particular.