

## The Meditation of Body

# 5 STEPS



- 01** Sit in a comfortable place, upright and away from distractions.
- 02** Slowly begin concentrating on each part of your body from head to toe.
- 03** Take note of each movement, sensation, and feeling that you may experience.
- 04** Slowly move from the top of your head to your toes, one after the other.
- 05** Try to notice new sensations and feelings that arise.