

When we are stressed, what does our body feel like? What are the physical felt sensations in the body when we are experiencing a pleasant event? Often times, our attention is focused on our thoughts and emotions, with very little awareness being directed to the body.

The body scan meditation allows a new way in relating to pleasant and unpleasant events in our daily lives. We start by focusing our awareness to each different aspect of the body, and it provides us an opportunity to develop a deeper capacity of understanding ourselves. This practice can be done lying down, sitting in a chair, standing, or even walking.

Mindfulness-Based Stress Reduction was created to reduce the suffering of chronic physical pain and stress, and Mindfulness-Based Cognitive Therapy was designed to reduce the suffering of mental pain and relapse to chronic depression. Both programs start with the body scan meditation as it serves as one of the foundations in shifting how we relate to pain and suffering.

Come join us on Nov 3, as Derek Luk, a MBSR/MBCT facilitator-in-training will guide a mindful movement and body scan meditation.