

Mindful Body Scan Meditations in April

The body scan is a mindfulness practice focusing attention on the different parts of the body—from the feet to the top of the head. It is designed to develop awareness of sensations by observing the body as it is, without judgement or trying to change it. Research suggests this practice can reduce stress, improve well-being and decrease aches and pains. It may also increase attentiveness to physical needs and sensations, which can lead to healthier decisions about eating, sleep and exercise.



Free sessions

Friday, April 8	12:15 – 12:45 p.m.	Frazier Rogers Hall	Room 122
Wednesday, April 13	12:15 – 12:45 p.m.	Clinical & Translational Research Bldg.	Room 2161
Wednesday, April 20	12:15 – 12:45 p.m.	College of the Arts Fine Arts Bldg. C	Room 118
Monday, April 25	12:15 – 12:45 p.m.	Hough Hall	Room 120

The body scan is usually done lying down but can also be done sitting in a chair. Comfortable clothes and layers for warmth are recommended. Please bring a mat or towel. Some mats will be available.

Questions? Contact HRS Wellness at hws-wellness@ufl.edu or phone (352)392.4626.

