

"Map" of Body Scan

- Top of Head
- Centerline Back to Crown
- Crown
- Right Side of Head, Centerline Down to Hairline, Back to Front
- Left Side of Head, Centerline Down to Hairline, Back to Front
- Forehead
- Right Temple
- Right Eye: Eyeball, Socket, Lid
- Across Bridge of Nose to
- Left Eye: Eyeball, Socket, Lid
- Left Temple
- Back to Bridge of Nose and Down Nose to Nostrils
- Area Between Nose and Upper Lip
- Right Half of Face: Cheek, Down to Jawline, and Around to Ear
- Right Ear
- Left Half of Face: Cheek, Down to Jawline, and Around to Ear
- Left Ear
- Lips
- Inside Mouth
- Chin
- Jaw: from Chin to Jaw Hinges
- Front of Neck from Jaw to Top of Breastbone
- Back of Neck from Hairline to Shoulders
- Right Shoulder
- Shoulder Joint
- Upper Arm from Shoulder to Elbow
- Elbow
- Lower Arm from Elbow to Wrist
- Wrist
- Back of Hand out to where Fingers Join
- Palm
- Starting With Little Finger, Around to Thumb, Each Finger from Base to Tip
- Tips of Fingers, out into Room, Onto Left Shoulder

- Left Shoulder
- Shoulder Joint
- Upper Arm from Shoulder to Elbow
- Elbow
- Lower Arm from Elbow to Wrist
- Wrist
- Back of Hand out to where Fingers Join
- Palm
- Starting With Little Finger, Around to Thumb, Each Finger from Base to Tip
- Tips of Fingers, out into Room, Onto Right Shoulder
- Right Half of Chest from Shoulder Down to Bottom of Ribcage, Breastbone Around to Side
- Left Shoulder
- Left Half of Chest from Shoulder Down to Bottom of Ribcage, Breastbone Around to Side
- Right Shoulder
- Right Half of Back from Shoulder Down to Bottom of Ribcage, Spine Around to Side
- Left Shoulder
- Left Half of Back from Shoulder Down to Bottom of Ribcage, Spine Around to Side
- Lower Back from Bottom of Ribcage to Tailbone On Both Sides
- Slide from Lower Back around Sides to Belly and Up to Solar Plexus
- Solar Plexus across Belly to Groin
- Right Buttock
- Left Buttock
- Right Hip
- Down Right Thigh to Knee
- Knee
- Down Lower Leg from Knee to Ankle
- Ankle
- Top of Foot from Ankle to where Toes Join
- Sides of Foot
- Around Achilles Tendon
- Heel
- Sole out to where Toes Join
- Starting With Big Toe, Around to Little Toe, Each Toe from Base to Tip
- Tips of Toes, out into Room, to Left Hip
- Left Hip
- Down Left Thigh to Knee
- Knee

- Down Lower Leg from Knee to Ankle
- Ankle
- Top of Foot from Ankle to where Toes Join
- Sides of Foot
- Around Achilles Tendon
- Heel
- Sole out to where Toes Join
- Starting With Big Toe, Around to Little Toe, Each Toe from Base to Tip
- Tips of Toes, out into Room, to Breath