Survey your body mentally, resting each area. Breathe naturally and smoothly throughout. Pause to breathe as noted:

Scalp and forehead, eyebrows and eyes, nose (2 breaths),

cheeks, mouth, jaw, chin, throat, neck, shoulders, upper arms, lower arms, hands, fingers, fingertips (2 breaths)

fingers, hands, arms, shoulders, chest, upper back, heart center (4 breaths)

stomach, navel region, lower abdomen and back, upper legs, lower legs, feet, and toes (4 breaths)

Next move back upwards resting these same areas back to the crown of the head, without pausing for breathing at any points.