

Mindfulness with SAP - Body Scan

Thursday 7th May 2020

SAP invite you to join our mindfulness series to give yourself a break from the fast paced nature of day-to-day life and heighten your self-awareness. Taking a mindful moment incites huge benefits – from greater satisfaction, focus, and peace-of-mind to stronger relationships and higher performance at work and beyond. Join our Mindfulness Ambassadors in practice to deepen your self-awareness, practice attention training real-time, and discover ways to integrate self-awareness into your daily routine.

Body Scan – Body Scan meditation allows us to practice the three skills: stabilise the mind, notice physiological sensations (emotions as experienced in the body), and witness our emotions from a third person perspective, have the experience of “experiencing emotions” instead of “being (caught up in) emotions”.

Recording Link:

<https://sapusers.webex.com/recordingservice/sites/sapusers/recording/4b40b8bb6be34a3380ec647a23227b58>

Please note, you must be logged into the User Group website to download this recording.