SensationALL Body Scan

Watch how to do the body scan on the SensationALL You Tube channel using the below link:
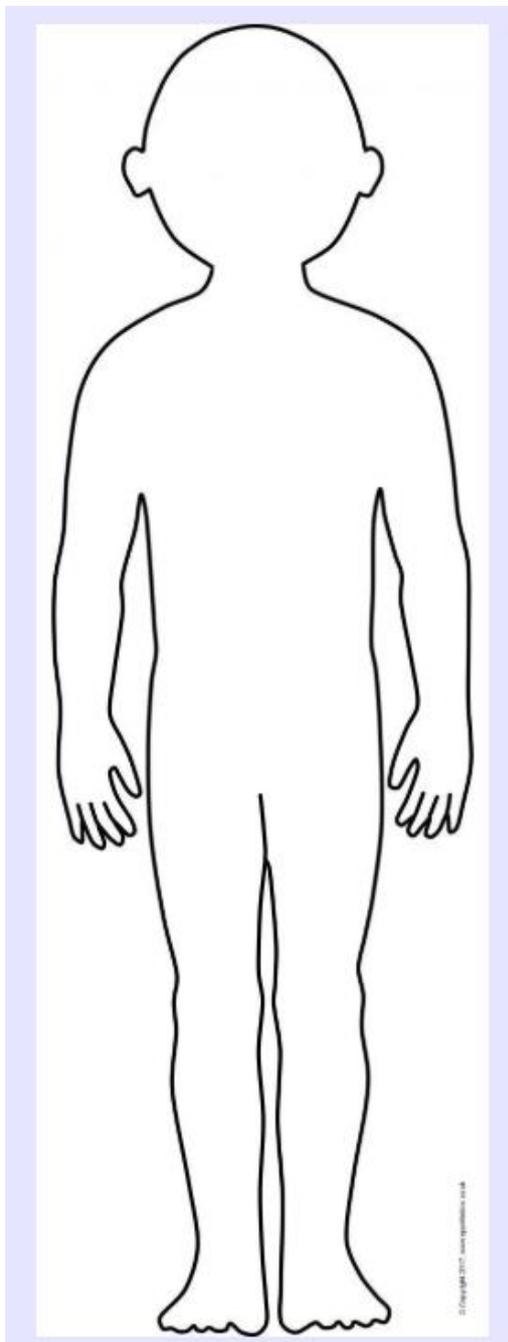
https://youtu.be/rY3Q0jETtgA

Red	Purple	Orange			
Relaxed	No sensation	Tingly			

Add your own feeling descriptions too and give them a colour.

Once you have finished listening to your body scan, colour in the areas of the body that you felt those sensations

FRONT   **BACK**