



## **Relaxation and Breathing**

Close your eyes. Let go of the thoughts of the day. Bring your focus to the here and now. Begin to focus at the top of your head. Be aware of any tension in the muscles around your head. Just let the tension fall away, let it go completely.

Be aware of your forehead. Acknowledge any tension in your forehead. Then let it go completely.

Be aware of your eyes and all the muscles around your eyes. Be aware of any tension and let it go. Let it fall away completely.

Be aware of your face and all the tiny muscles in your face. Be aware of any tension and allow it to fall away completely. Feel the tension falling away as you relax and let go all the time. Any distractions just acknowledge and let them go bringing your focus back to letting go of any tension.

Be aware of your jaw. Be aware of any tension in your jaw. Allow the tension to fall away. Allow the jaw to drop slightly ensuring your teeth are not clenched. Feel the stillness spreading as you relax completely.

Focus on your neck. Be aware of any tension. Then just let it go. Let it fall away allowing the relaxation to spread.

Become aware of your shoulders. Be aware of any tension you carry in your shoulders. Acknowledge the tension and let it go. Let it fall away completely. Let go and relax.

Be aware of your back and any tension in your back. Acknowledge its there and let it go. Allow the peace and tranquillity to spread. Feel the stillness as you relax more and more.

Be aware of your arms and hands. Be aware of any tension and let the tension fall away. Let it go completely. Be at one with yourself, feel the peace and stillness.

Be aware of your chest. Be aware of any tension in your chest. Allow it to fall away and relax more and more. Any distractions just acknowledge and let them go bringing your focus back. Feel the peace, stillness and tranquillity. Become deeply relaxed within.

And the same with your abdomen. Be aware and notice any tension. Acknowledge its there and let it go. Allowing the body to relax further and further.

Be aware of your legs and feet. Be aware of any tension and again let it go completely. Feel the peace, tranquillity and stillness throughout your whole body. Just check for any areas of tension still remaining. Acknowledge they are there and let them go completely. Feeling the stillness, healing and harmony within.

Turn your attention to your breathing. Watch the natural rhythm without force or strain. Slowly allow your breath to deepen. Try to breathe in through the nose and out through the mouth. Allow the rhythm to become deep and slow. Breathe in and pause, breathe out and pause. Any distractions just acknowledge and let them go bringing your focus back to the rhythm of your breathing. When you have finished slowly become aware of your physical body, the weight of it on the chair, the room around you and take 4 deep breaths before opening your eyes.