

Basic Relaxation

1. Lie flat on your back on the carpet or on a firm bed.
2. Tense each muscle group on inhale and relax fully on exhale.
3. Progress from face to chest, arms, belly, hips, legs and then to feet.
4. Check that your entire body is soft and relaxed into the carpet or bed.
5. Focus on the skin between the ribs and the belly button.
6. Watch five breaths, observing pace, flow and depth.
7. Lengthen exhale to 5 seconds and soften the inhale to 3 seconds.
8. Soften the transition between exhale and inhale.
9. Relax and pause on the exhalations.
10. Attend to your inhale with alertness and clarity.
11. Let your breathing be natural, soft and unforced.
12. Release all anxiety, worry or frustration on exhale.
13. Enjoy, with gratitude, the freshness and oxygen of each inhalation.
14. End by extending the inhale and stretching fingers and toes.