

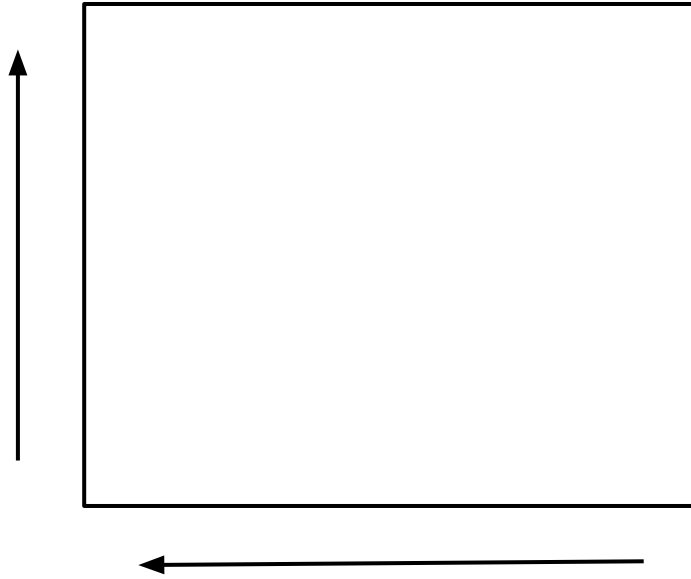
BALLOON BREATH



Find a comfortable way to sit or lay down. Imagine there is a balloon in your belly. It can be any color you choose. Place your hands gently on your belly and as you take a breath in, feel your belly get big like blowing up a balloon. As you let your breath go, feel your belly come back like deflating a balloon. Repeat this a few times and if you would like, try closing your eyes while you practice it.

You can place a secret love message into your balloon and with your breath, imagine those thoughts being sent all over the world! These balloons can be colored for added relaxation.

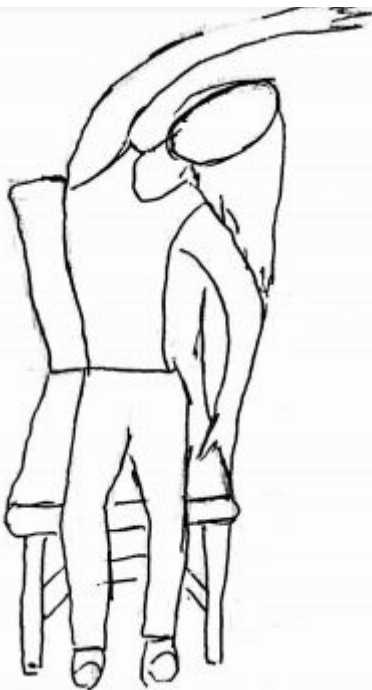




- Place your tracing finger on this square above.
- Begin in the lower left corner of "this square" or this can also be done on piece of paper, a book, a desk, a paint sample square or an imaginary square shaped item on your lap or in the palm of your hand.
- Doing this slowly, breathe in as you trace up to the top left corner, breathe out as you trace across from top left to top right, breathe in as you trace from top right to the bottom right, breathe again as you trace back from the bottom right to bottom left where you started.
- ***This can also be done as a soft pause and gentle breath retention by tracing up on an inhale, pause and gently hold your breath as you trace across from the top left to the top right, breath out as you trace from the top right to the bottom right, pause again as you trace back from bottom right to bottom left.***



Six Movements of the Spine



6 Movements of the Spine

Six movements of the Spine warms and opens the spine, creates length and space between the vertebrae, plumps the discs, elongates and makes space between the ribs, allows fresh blood and oxygen to reach the brain, gives a squeeze and soak to internal organs and much more. I practice this everyday.

-Cat and Cow - Scoot to the front of the chair and sit as tall as you can. Hold the back of the chair's seat with both hands or place hands on lap. Roll shoulders up, back and down to open the collarbones, heart and chest, do a comfortable mini back bend with heart opening forward. Reverse the curve by holding the front of the seat with your hands or hands on lap, tuck chin into chest, round spine towards the back of the chair.

-Moon - Scoot to the front of the chair and sit as tall as you can. Feel feet firmly pressed into the ground. Raise both arms overhead, drop shoulders down as you reach up and over to the left feeling the ribs on the right side expand. Come back up to center and then repeat on the other side.

-Twist - Scoot to front of chair and sit as tall as you can. Place left hand on outside of right knee or thigh, bring right hand behind you either to your back or to the left side of the chair, rotate upper body and gaze comfortably to the right with head turning last, and then repeat on the other side.



GUIDED REST SCRIPT

Find a comfortable way to sit or lay down.

Be as still as you can be.

DO NOT SAY THIS OUT LOUD, LEAVE SPACE FOR A PAUSE HERE

If you want to try closing your eyes, that can send a message to your brain to be even quieter for these few minutes. Or keep your eyes open and choose something to look at that isn't moving.

DO NOT SAY THIS OUT LOUD, LEAVE SPACE FOR A PAUSE HERE

Notice how your mind and your body feel.

Tighten your hands and feet into fists, without hurting yourself, squeeze them tight, tight, tight and then let them go.

Now this time, tighten your hands and feet, your face, your belly, your back, your whole body - tight, tight, tight and then them let go.

DO NOT SAY THIS OUT LOUD, LEAVE SPACE FOR A PAUSE HERE

Now let everything feel heavy and at rest, right here in your spot.

Feel heaviness in your feet, in your ankles, in your legs, in your belly, in your back, in your hands, in your wrists, in your arms, in your chest, in your neck, in your face, in your whole head.

DO NOT SAY THIS OUT LOUD, LEAVE SPACE FOR A PAUSE HERE

Now just like you felt everything get heavy, imagine a soft bubble gently landing on your feet and they now get light. Bubble landing on your legs, your belly, your back, your hands, your wrists, your arms, your chest, your neck, your face, your whole head.

DO NOT SAY THIS OUT LOUD, LEAVE SPACE FOR A PAUSE HERE

Now begin to feel yourself coming back into this room and back into your body.

Before coming up to seated or moving, notice how you are feeling.

Now slowly begin to wiggle your fingers and toes, gently move your arms and legs, open your eyes if they were closed, roll up to seated if you were laying down and take a seat.

DO NOT SAY THIS OUT LOUD, LEAVE SPACE FOR A PAUSE HERE

Look all around the circle, send a peace filled smile to everybody here and then out into the whole wide world!

