



Meditation #1

-From lying on your back, arms out, palms up, legs relaxed, start taking deep breaths completely filling your lungs with air and long slow exhales completely emptying your lungs of air.

-Move your attention down your body and into your toes. Curl your toes under squeezing them and building up tension in your toes and arches.....

Release the tension.. Relax the muscles

-Move into your heels pressing the backs of your heels into the floor – feel the tension building up in your heels and ankles.....release....relax

-Start squeezing your calves allowing the tension to build up..tighter..release...relax

-Press the backs of your knees into the floor and start squeezing your thighs. Allow the tension to take over your thighs..... release... relax

-Move into your glute muscles, slowly squeezing the together.. Tighter..... Release.. Relax

-Soften the muscles in your stomach

-Relax the muscles in your chest

-Move into your shoulders squeezing them tight, hold the tension and squeeze your upper arm, press your elbows in the floor and squeeze your lower arm, make a fist and allow the tension to takeover your whole arm. Squeeze your fist tighter. Allow all the tension and stress to build up here.

From the shoulder down release the shoulders, upper arms, elbows and lower arms, release the forearm, and wrist. As you release the hands allow the tension and stress to flow out of your finger-tips.

Relax your fingers, palms, and thumbs. Relax your wrists and forearms, elbows and upper arms, relax your shoulders.

-Press the back of your head into the floor building up tension in your neck and upper back..... Release.. Relax

-Moving into your face clench your jaw and squeeze your eyes tight.... Release your jaw..release your eyes..

Relax the muscles in your forehead, relax the muscles around the eyes, relax the muscles in your cheeks, your jaw....

Relax the front of your neck...

Move the relaxation back in your chest. Continue to take long, slow inhales and long slow exhales.

Stretch your arms up above your head, elongating up from the waist, stretching out your upper body.... Release

Point your toes and stretch out your lower body... Release

Whenever you are ready you can open your eyes, roll onto your side, and slowly roll up.