



Meditation 2

After following most of meditation #1 you will inject meditation #2. Hold off on finishing meditation #1 (skip the end where you breathe regularly and stretch until the end of #2) so you can take your class on a mental journey.

- Imagine yourself walking along through a huge meadow filled with tall grass and beautiful wildflowers.
- Breathe in deeply and smell the clean fresh air with the scent of flowers.
- As you are walking you come upon a trickling stream.
- You find a shady spot under a huge oak tree and have a seat.
- As you are sitting there under the tree watching the moving water you find a big leaf. Think about a worry in your life that you cannot do anything about. Put that worry into the leaf and lay the leaf into the stream. As you watch the leaf float away allow that worry to float away. Let it go.
- Breathe in deeply again and think about how lucky you really are in life.

Allow your class to lay here for a few breaths.

- Start to come back by bringing your breathing back to normal.

Follow the end of meditation 1 from here.