

SPA RELAXATION BREATHING STEPS

Say this at a low voice and speed

Eye pads on eyes lean back and relax.... let any concerns and things you need to do drift away

Place your feet flat on the floor

Hands on your stomach

Take 3 deep breathes –inhale deep down through your nose- exhale slowly out through your mouth

Focus now on the soles of your feet – wriggle your toes

Move that focus up your legs to your knees and relax

Then from your knees to your thighs, hips and buttocks and relax – be aware of your breathing

Now focus in the lower part of your back, sink into your seat move up towards the middle of your back and up to the top of your shoulders and relax

Drop your shoulders, relax both down to your elbows, then down to your hands and fingertips, wriggle your fingers

Focus on the back of your neck, tilt your head further back

Relax your scalp, and on to the top of your head move down relax your forehead

Relax your eyes, relax your cheeks, relax your lips and relax your tongue

Now that you are totally relaxed.... see yourself drifting out of this room to a beautiful island on a beautiful beach..... there is no-one there just you

As you sit on the warm sand look around and breathe in the sea breeze air, listen to the waves, feel the sun warming up your body, notice the bird life around you

And as you sit there admiring this beauty.... think about the things you have in your life so far that you are grateful for and ‘give thanks’

Now I want you to think about the things you would like to achieve this year , next year....take your time and dream away...let your imagination go(wait for a minute or two)

Now I want you to embrace those dreams and believe they can come true.

As you sit there on the sand you notice it's getting dark and the sun is setting....notice the beautiful colours of this amazing sunset

Its now time to leave this special place of yours where you can visit it anytime... and see yourself come back into this room

Feel the surroundings around younow I want you to take three deep breathes again...in through your nose and slowly exhale through your mouth..... and when you're ready in your own time you can sit up and remove your eye pads

