

APPENDIX 2.5: RELAXATION SCRIPT

As you settle into relaxation pose, relax the weight of your body into the support of the floor. Notice how the body makes contact with the support of the floor. Relax the back of your legs . . . the back of your hips . . . your lower back, middle back and upper back. Relax the back of your shoulders . . . the back of your arms . . . the back of your neck . . . and the back of your head. Make any adjustments you need to, to relax the body into the ground more fully. Relax into the support of floor, completely.

Relax the muscles of your face. Relax your eyes and your forehead. Relax your temples and cheeks. Relax your mouth and jaw. Relax your whole face. Place your hands on your belly. Feel the rise and fall of your belly as you breathe. Notice each inhalation as it enters the body, and each exhalation as it exits the body. Let your breathing be soft, full and easy. No effort. Let the body be breathed. As you inhale, say silently in your mind, “Let.” As you exhale, silently say “Go.” Inhale, “Let.” Exhale, “Go.”

Continue to observe the breath, letting the body sink deeper and deeper into relaxation. Let your arms rest by your side. As you exhale, make a soft fist with each hand. As you inhale, relax the fist, and let your hands remain softly curled and relaxed. Let the body sink deeper and deeper into the support of the floor.

Now, bring your awareness to your feet. Feel the soles of your feet, and all 10 toes. Imagine that you could inhale and exhale through the soles of your feet. Imagine the breath entering the body through the soles of the feet, and exiting the body through the soles of the feet. Inhale. Exhale.

Now, bring your awareness to your hands. Feel the backs of the hands, the palms of the hands and all 10 fingers. Imagine that you could inhale and exhale through the palms of your hands. Imagine the breath entering the body through the palms of your hands, and exiting the body through the palms of your hands. Inhale. Exhale.

Now, bring your awareness to your belly. Feel the belly rise and fall as you breathe. Imagine that you could inhale and exhale through the navel. Imagine the breath entering the body through the navel and filling the belly. Imagine the breath exiting the body through the navel. Inhale. Exhale.

Now, let your mind relax deeper, below awareness of the breath. Let the mind relax below the level of concentration on anything, including the breath. Let the body and mind let go. Let go, completely.

[Let students or client relax. When you are ready, continue.]

Notice your breathing. Notice each inhalation as it enters the body and each exhalation as it exits the body. Bring your hands back to the belly, and feel the belly rise and fall. Let your breathing be soft, full and easy. Notice the whole body. Notice the whole body supported by the floor. Notice how easy it is to be in *your* body, in *this* moment. Feeling fully supported, in this pose, and in all areas of your life.

When you're ready to begin moving out of relaxation, gently move the fingers and toes. Let some sensation spread into the hands and feet. Stretch or move in any way that feels good. Then roll onto your right side, and rest there. Breathe easily. Take the best feeling of this relaxation with you.