I’m going to lead you in a short meditation where you will focus on your breath. This will calm your mind and relax your body.

There is no right or wrong way to meditate. If your mind starts to wander, and it will, just come back to sensing your breath.

Begin by getting comfortable in your chair. Feet flat on the ground.

Close your eyes.

Place YOUR HANDS on your thighs, palms up.

Observe your breathing. Notice how your breath flows in and flows out.

Imagine your ribcage moving OUT TO THE SIDES when you INHALE.... and gently INWARD as you EXHALE....

Slow down your breathe.

Slowly TAKE A DEEP BREATH IN.... Pause for a moment.... and then EXHALE SLOWLY. Let the tension melt away as you relax more deeply with each breath.

Now turn your attention to THE TOP OF YOUR HEAD.

Relax your scalp, and LET THE RELAXATION FLOW slowly downward....

Even your ears are becoming relaxed and heavy.... Feel your eyebrows gently resting downward....

Your forehead is becoming relaxed and smooth....

Allow your temples to relax... let your jaw relax by allowing your mouth to be slightly open, ... Allow your tongue to relax...
• Feel your throat relaxing.... relax your cheeks, nose, and eyes.... Feel your eyelids becoming very heavy.... and very relaxed.... more and more relaxed....

• Now turn your attention TO YOUR NECK.... allow a feeling of relaxation to begin at the top of your neck, and flow downward...

• Feel the relaxation as your shoulders become relaxed and loose.... Let your shoulders GENTLY SINK DOWNWARD.... as they become relaxed.... and heavy.... very heavy.... and very relaxed.... deeper and deeper.... relaxed....

• Feel your COLLAR BONES BECOMING RELAXED as your shoulders move gently back, and your chest widens ...

• Allow ALL THE MUSCLES IN YOUR SHOULDERS to feel smooth... and relaxed...

• See how calm and gentle your breathing is, and HOW RELAXED YOUR BODY FEELS

• Now it is time to GENTLY REAWAKEN your MIND and your BODY.
• Keeping your eyes closed, notice the sounds around you. Feel the floor beneath you.
• Wiggle your fingers and toes.
• Shrug your shoulders.
• Open your eyes, and remain sitting for a few moments longer.
• Slowly return to a standing position, and continue with the rest of your day, feeling re-energized.