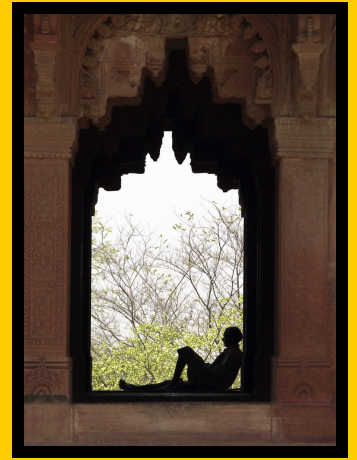


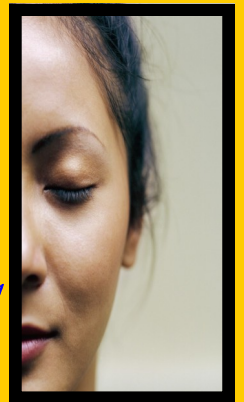
# SELF GUIDED RELAXATION

The goal of self-guided relaxation time is to soothe, nourish and refuel.



You designate the path you'll take to relax. Self-guided relaxation is intentional — you plan to set aside time in minutes or hours to attend to your self. This is meant to be a pressure-free ritual for you to develop and enjoy.

*While there is no perfect or right way to relax, here are a few suggestions that might allow for a deeper level of self-soothing and calm in your relaxation practice.*



- ☞ Make your time your own — disconnect from cell phones and computer for a bit .
- ☞ Set aside a minimum amount of time for your relaxation experience (e.g., 90 seconds, 43 mins.).
- ☞ Find a space that feels safe and sound to you — go back to this space as your anchor point for relaxation time.
- ☞ Walking, resting, eyes closed or open, in nature, indoors — it's what works best for you~
- ☞ Begin your relaxation time with deep belly breathing — slow and easy, enjoy your breath, breathe in positive thoughts, release the negative thoughts~
- ☞ Be gentle with yourself should your mind decide to wander — allow thoughts that come in to fly off and away.
- ☞ Consider starting your relaxation with a tone (e.g., bell) or light a candle and end it by extinguishing the candle or hearing the tone — this marks the bounds of your relaxation time, setting it apart from the rest of your day.



Allow yourself to enjoy-