

Relaxation Sequence

Get comfortable
Close your eyes

CHORUS

Breathe in deeply through the nose
Breathe out through the nose
Breathe in calmness
Breathe out the tension
Cool air in
Warm air out

Be aware of your head and neck
let them be heavy and relaxed
Chorus

Be aware of your arms and hands
let them be heavy and relaxed
Chorus

Be aware of your chest and abdomen
let them be heavy and relaxed
Chorus

Be aware of your legs and feet
let them be heavy and relaxed
Chorus

Be aware of your whole body
let it be heavy and relaxed - very relaxed
Chorus (very slowly)

Open your eyes

