

Relaxation



Body

Straight and still.



Head

Resting on the back of the chair or upright and looking forwards.



Mouth

Teeth parted and lips slightly open.



Throat

Quiet and smooth.



Shoulders

Resting against the chair.



Hands

Resting on the chair or your lap.
Fingers slightly curled.



Feet

Heels resting on the floor.
Toes pointing out.



Quiet

No noise.



Breathing

Slow and deep.



Eyes

Eyelids closed.
Eyes still.