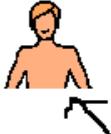
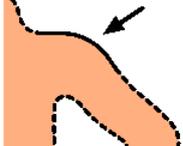
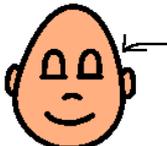


Relaxation

	Body	Straight and still. Chest and hips lined up.
	Head	Resting on back of chair or upright and looking forwards.
	Mouth	Teeth parted and lips slightly open.
	Throat	Quiet and smooth.
	Shoulders	Resting against the chair. Tops of the shoulders level.
	Hands	Resting on the chair or your lap. Fingers slightly curled.
	Feet	Heels resting on the floor. Toes pointing out in a V shape.
	Quiet	No noise.
	Breathing	Slow and deep.
	Eyes	Eyelids closed. Eyes still.