

1. Ocean Breath* and Affirmation:

*on the exhale, the “Ocean Breath” should be felt in the back of the throat and slightly audible.

Meditation:

Close your eyes and connect with your breath. Imagine the waves of the ocean, rolling in and out from the shore, imagine your breath rolling rhythmically like the waves of the ocean. As you inhale imagine the waves of breath moving into your body and filling your lungs, belly and chest. Inhale slow deep healing ocean breaths and exhale, slow relaxed ocean breaths. Inhale I am relaxed, Exhale I am at peace. Breathing in my body rests, breathing out, it is safe for me to relax. As I inhale my breath moves in and as I exhale my breath moves out. I breath in peace and I breath out relaxation. I move into the silence and stillness of the ocean breath. In this wave of breath I allow my belly lungs and chest to rise and fall. Become still for a little while sitting and breathing in stillness. Gently prepare to come back to the room. Wiggle your fingers and toes and open up your eyes.

Affirmation:

“I can choose to feel relaxed and calm, just as I am right here and right now.”