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breathing and imagery

1. Adjective _____

breathing and imagery

Let's Begin. Take a _____Adjective_____, slow breath in through your nose and out through your mouth. Keep breathing in and out, focusing on how your body feels at this moment. Feel the pace of your heart and lungs becoming slower. With each breath, breath IN relaxation and breath OUT tension and tiredness. Feel your body sinking more and more into deep relaxation.

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