## breathing and imagery

1.	Adjective
2.	Adjective
3.	Part Of Body
4.	Part Of Body
5.	Part Of Body
6.	Part Of Body
7.	Noun
8.	Noun
	Noun
10	Vous Duggest Ende In Inc

## breathing and imagery

Let's Begin. Take	aAdjective	Adjec	ctive breatl	n in through your	Part of Body	and out
through your	Part of Body	. Keep breathir	ng in and out, f	focusing on how your	body feels at	t this moment.
Feel the pace of yo	our Part of E	ody and	Part of Body	becoming slower	. With each b	reath, breath IN
Noun and	d breath OUT _	Noun	and Noun	Feel your body	Verb - Pres	ent ends in ING
more and more int	to deep relaxati	ion.				

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