

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
9. Noun
10. Verb - Present Ends In Ing

breathing and imagery

Let's Begin. Take a _____, _____ breath in through your _____ and out
through your _____. Keep breathing in and out, focusing on how your body feels at this moment.

Feel the pace of your _____ and _____ becoming slower. With each breath, breath IN
_____ and breath OUT _____ and _____. Feel your body _____
more and more into deep relaxation.