

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 _____
Adjective _____, _____
Adjective _____ breath in through your _____
Part of Body _____ and out
through your _____
Part of Body _____. Keep breathing in and out, focusing on how your body feels at this moment.
Feel the pace of your _____
Part of Body _____ and _____
Part of Body _____ becoming slower. With each breath, breath IN

Noun _____ and breath OUT _____
Noun _____ and _____
Noun _____. Feel your body _____
Verb - Present ends in ING _____
more and more into deep relaxation.