

Breathing and imagery script

1. Adjective
2. Adjective
3. Part Of Body
4. Part Of Body
5. Part Of Body
6. Part Of Body
7. Adjective
8. Noun
9. Noun
10. Noun
11. Verb - Present Ends In Ing
12. Adjective
13. Adjective
14. Verb - Base Form
15. Place
16. Verb - Present Ends In Ing
17. Verb - Present Ends In S
18. Adverb
19. Noun
20. Noun - Plural
21. Part Of Body
22. Part Of Body
23. Noun - Plural

24. Verb - Present Ends In Ing

25. Noun

26. Adjective

27. Adjective

28. Part Of Body

29. Verb - Base Form

30. Adjective

31. Noun

32. Verb - Base Form

33. Noun

34. Verb - Base Form

35. Verb - Base Form

36. Verb - Base Form

37. Adjective

38. Adjective

39. Noun

40. Verb - Base Form

41. Noun

42. Adjective

43. Adjective

44. Noun

45. Noun

46. Adjective

47. Noun

48. Noun

49. Noun
50. Verb - Base Form
51. Noun
52. Verb - Present Ends In Ing
53. Noun
54. Noun
55. Verb - Base Form
56. Noun
57. Verb - Present Ends In S
58. Adjective
59. Adjective
60. Noun
61. Noun
62. Noun
63. Adjective
64. Adjective
65. Adjective
66. Verb - Base Form
67. Adverb
68. Part Of Body
69. Part Of Body

Breathing and imagery script

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 _____ Adjective. 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.

It is a _____ Adjective _____ Adjective day. It is late in the day. You decide to go for a _____ Verb - Base Form along the _____ place. The sun is _____ Verb - Present ends in ING warmth and comfort as it _____ Verb - Present

_____ ends in S _____ Adverb. The sky is crystal clear without a _____ Noun in sight. The grains of _____ Noun - Plural beneath your _____ Part of Body shine from the sunlight and warm the soles of your _____ Part of Body. The sound of the _____ Noun - Plural _____ Verb - Present ends in ING against the _____ Noun echoes in the air.

You feel the _____ Adjective _____ Adjective breeze brush against your _____ Part of Body as you _____ Verb - Base Form onward. Far off in the distance, you can hear the cries of _____ Adjective _____ Noun

...You watch them glide through the sky, _____ Verb - Base Form down into the _____ Noun, and then _____ Verb - Base Form off once again.

As

you _____ further along the shore, you decide to _____. You sit down on a mound of _____ and _____ out at the _____, staring intently at the _____, _____ motion of the _____ rolling into shore.

Each _____ breaks against the coast, rising slowly upward along the beach, leaving an area of _____ . Slowly the wave retreats back out to _____, only to be replaced by another _____ that _____ against the _____ ... _____ its way up the _____...then slowly retreating back out to _____.

With each _____ of the _____ as it _____ in and then out, you find yourself feeling more and more relaxed. The tranquility creates a sense of calmness, peace.

As you stare off into the distance, you see that the sun is beginning to sink into the horizon. The sky is turning brilliant colors of red...orange...yellow...while the sun sets, sinking down...down into the horizon. You feel very _____ and _____. You continue to watch the sun as it descends.

The beating of the _____, the smell and taste of the _____, the salt, the cries of the _____, the warmth against your body - all of these sights, sounds, and smells leave you feeling very _____,

_____ Adjective _____, and _____ Adjective _____.

PAUSE

For a moment let yourself _____ Verb - Base Form _____. For a moment be aware of how _____ Adverb _____ relaxed your
_____ Part of Body _____ and _____ Part of Body _____ feel right now...Remind yourself that you can create these feelings
on your own during your daily activities.

Remember that periodically during any day you may scan your body, discover any tension you are holding and
then inhale relaxation and exhale the tension and tightness. Come back to this place as often as you like or create
your own getaway. Relax - renew - recharge your mind and body.
