Mini session practice (5 minutes)
Sit relaxed and comfortable
Close your eyes
3 deep breaths
focus on lungs & chest
slow down your breathing
feel your heartbeat
relax your face (between your eyebrows or pelvic floor or wherever) your key spots
move awareness from your toes back up to the top of your head
imagine or picture your face, with a big smile on it
(if this is difficult to imagine before your next practice look in a mirror, give yourself a
big smile, note the details of your face, remember it with a smile on it)
imagine smiling without moving your facial muscles
Breath slowly and easily
Staying relaxed
Move your awareness back to your heart beat
Then to your breathing
Take a deep breath
Open your eyes
Notice how relaxed you are
Notice how ready for anything you are