

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

Breathe 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