

## 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 \_\_\_\_\_  
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 \_\_\_\_\_.

Feel your body \_\_\_\_\_ more and more into deep relaxation.