

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

Each _____ Noun breaks against the coast, rising slowly upward along the beach, leaving an area of _____ Adjective _____ Noun. Slowly the wave retreats back out to _____ Noun, only to be replaced by another _____ Noun that _____ Verb - Base Form against the _____ Noun ... _____ Verb - Present ends in ING its way up the _____ Noun ...then slowly retreating back out to _____ Noun.

With each _____ Verb - Base Form of the _____ Noun as it _____ Verb - Present ends in S 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 _____ Adjective and _____ Adjective. You continue to watch the sun as it descends.

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

_____ 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.
