

## 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 \_\_\_\_\_  
\_\_\_\_\_ breath in through your \_\_\_\_\_ and out  
through your \_\_\_\_\_. Keep breathing in and out, focusing on how your body feels at this moment.  
Feel the pace of your \_\_\_\_\_ and \_\_\_\_\_ becoming \_\_\_\_\_. With each breath,  
breath IN \_\_\_\_\_ and breath OUT \_\_\_\_\_ and \_\_\_\_\_. Feel your body \_\_\_\_\_  
\_\_\_\_\_ more and more into deep relaxation.

It is a \_\_\_\_\_ day. It is late in the day. You decide to go for a \_\_\_\_\_  
along the \_\_\_\_\_. The sun is \_\_\_\_\_ warmth and comfort as it \_\_\_\_\_  
\_\_\_\_\_. The sky is crystal clear without a \_\_\_\_\_ in sight. The grains of  
\_\_\_\_\_ beneath your \_\_\_\_\_ shine from the sunlight and warm the soles of your  
\_\_\_\_\_. The sound of the \_\_\_\_\_ against the  
\_\_\_\_\_ echoes in the air.

You feel the \_\_\_\_\_, \_\_\_\_\_ breeze brush against your \_\_\_\_\_ as you  
\_\_\_\_\_ onward. Far off in the distance, you can hear the cries of \_\_\_\_\_  
...You watch them glide through the sky, \_\_\_\_\_ down into the \_\_\_\_\_, and then  
\_\_\_\_\_ 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.

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