Total body relaxation

Feel the weight of your body on the floor underneath

Imagine that you're lying on a beach

You can hear the waves gently lapping at the shore, you can feel the warm sun on your skin.

You feel filled with love and joy.

There's a light in the centre of your chest that expands to fill your entire body.

Your right foot is very heavy, your right foot is completely relaxed now.

Your left foot is very heavy, your left foot is completely relaxed now.

Your right calf is very heavy, your right calf is completely relaxed now.

Your left calf is very heavy, your left calf is completely relaxed now.

Your right knee is very heavy, your right knee is completely relaxed now.

Your left knee is very heavy, your left knee is completely relaxed now

Your right thigh is very heavy, your right thigh is completely relaxed now.

Your left thigh is very heavy, your left thigh is completely relaxed now.

Your hips and buttocks are very heavy, your hips and buttocks are completely relaxed now.

Your stomach and lower back are very heavy, your stomach and lower back are completely relaxed now.

Your chest is very heavy, your chest is completely relaxed now.

Your shoulders are very heavy, your shoulders are completely relaxed now.

Your arms and hands are very heavy, your arms and hands are completely relaxed now.

Your neck is very heavy, your neck is completely relaxed now.

Your cheeks are very heavy, your cheeks are completely relaxed now.

Your mouth and chin are very heavy, your mouth and chin are completely relaxed now.

Your eyelids are very heavy, your eyelids are completely relaxed now

Your head is very heavy, your head is completely relaxed now.

You<u>r w</u>hole body is very heavy, your whole body is completely relaxed now