



Finding Balance - Guided Meditation

Take a deep breath in and a slow breath out. A deep breath in and a slow breath out... begin to close your eyes... with each exhale you begin to sink deeper and deeper into the mat... finding more and more stillness...

Softer and softer you feel...
Calmer and calmer you feel...
Quieter and quieter you become...

For the next few moments I want you to pay attention to my voice and only my voice. Keep your eyes closed and allow any distractions to disappear.

I'm going to take you into your mind and for you to feel how wonderful it feels to find balance.

Everyday we do amazing balancing in our bodies, simply by standing up and not falling over! Maybe climbing trees or balancing along a log. Through this guided meditation we are going to find that same balance but in our minds...

We can do this by simply finding moments of stillness and calm like we are gifting ourselves right now...

Feel how amazing it feels to allow your body to relax.

Your magnificent organ, the brain, has been working so hard for you today. It takes a lot of your energy to learn new things like balancing on one leg in tree pose.

So enjoy this time laying down, with your eyes still closed and resting your beautiful organ, the brain.

Breathing in and out...

Softer and softer you feel.
Calmer and calmer you feel
Quieter and quieter you become...

Finding the balance in your day is all about knowing when it is time to rest and relax and when it is time to run around full of energy, your body sends out messages to you telling you what it needs. So let's practice listening to the smart voice inside your head and taking a rest whenever you need.

Take one last final big inhale through your nose, and open your mouth and sigh it all out!

