



Trying New Things - Guided Meditation

Close your eyes and take a deep breath in and a slow breath out...

Begin by placing one hand on your heart and the other on your belly.

Notice how your hand on your heart moved up as your breath in new, fresh oxygen. Your chest rises and falls as you breath in and out effortlessly

Now try to direct our breath down into the bottom of our lungs. Take a deep breath in and guide it down towards your belly.

You will feel as the hand on your belly begins to rise as you inhale and fall as you exhale.

Continue with this breath for the next few moment.

As you lay here take this time to notice how your feeling, notice any sensations your body may be feeling, is it cold, warm, relaxed, agitated, soft. Just notice...

When we take the time to be still and observe many thoughts may arise. Allow these thoughts to come into the centre of your mind and then slowly drift off again returning to that calm.

When we try something new for the first time it can be quite daunting, scary or just feel a little weird. But when we do try these new things we are nourishing our body by inviting growth.

Every day we naturally find new and exciting thing to explore. While learn about thing we didn't know before.

So when you come to try something new for the first time, maybe it was today during this yoga and mindfulness class, remind yourself what an amazing thing you are giving to yourself. The opportunity to grow.

Come back your breath.

Inhale for the count of 4, exhale for the count of 4.
X3

Now I want you to imagine a bright ball of sparking light. You can choose whatever colour you want. Imagine this ball of light starting at the bottom of your feet. It feels warm as it sparkles resting beneath you.

Slowly begin to see this bright sparkling ball enter your feet. It's inside of you. It rises all the way up your feet, up your shins and finds your kneecaps. The bright sparkling ball warms up your knees. It moves higher and higher up past your belly and stops at your heart. The bright sparkling ball warms your heart. You feel so good. It starts to rise again passing your neck, warming all parts of your face, your mouth, your nose, your ears and your eyes before finally resting at the top of your head. The bright sparkling ball feels excited as it reaches your head filling it with all these new and exciting experiences. Finally the bright sparkling ball leave your body and rises all the way up into the sky.

Take a deep breath in and a slow breath out.
A deep breath in, open your mouth and sign it all out

When your ready slowly make your way up to a comfortable seated position with your hands in-front of your heart.

