

## 5 min Savasana Meditation - Meditation DNA

Lying down, completely, the whole spine on the floor. Feet are a comfortable distance from each other. You can straighten the arms next to the body with the palms facing up in a gesture of surrender. And allow the eyes to drift closed if they haven't already.

Feel that heaviness in the entire body. As you start to bring your body to stillness. As you centre to your breath. Feel how the buzz of energy moves through the body. Feel how the nerves and the muscles are alive. Every cell of your being. Feel how the brain is awake. But at ease at the same time.

And this is your time now to completely let all of that go and sink into the most relaxed state you can be.

Release all that activation. Surrender to the Shavasana. And if you find yourself being overwhelmed by thoughts that might be swimming around in your mind. I just encourage you to come back to the breath. Observe and notice your breath as you inhale. And as you exhale.

And then when you are ready. I invite you now to think of an intention. Repeat that intention to yourself mentally, maybe once or twice.

And once doing so, releasing their intention, detaching from it like we try to do with all our other thoughts. And trusting the guidance of that intention.

And there's absolutely no rush. Take all the time you need or want in your Shavasana. Take an extra few moments. If it feels like you're called to do so. When and if you are ready to come out of it, gently wake the body up. Rubbing the fingertips together, wiggling the toes. Just introducing some micro movement into the body.

And then keep the eyes closed by rolling over to any side so you can gently press yourself up. Find a comfortable seated position in the middle of the mat.

An easy cross legged position, sitting up nice and tall. We inhale the arms together, all the way up, facing the palms together, exhale, thumbs to the sternum, Anjali Mudra. And then take a moment to thank yourself. Thank your practice, thank your body and your breath, what it did for you now, and what it does for you in every other moment. And then from me to you, thank you so much for joining me.

Have a beautiful day further.