

5 MIN Meditation - full body awareness and relaxation

Hi everyone and welcome to your practice today. Once you are ready we will be starting in shavasana.

So finding a comfortable position on your back, taking up as much space as you need, bringing the feet mat with the distance apart, allowing the toes to flop out to the side.

Just bring the arms next to the body with the palms facing up. Start to close your eyes if they aren't already. Really allow yourself to grow heavy and bring yourself to stillness, just softening all the muscles. Releasing that and letting go of all that activation and shifting from an active doing state to a passive being state.

Think of your body melting into the floor completely, giving in, allowing the floor beneath you to support your body completely.

And then I'd like you to take your attention to the center of the abdomen, just above the navel. Just feel the breath here as you inhale and exhale.

And if you have a few more moments, I encourage you to stay in your shavasana for a little bit longer. At least five more breaths, intentional inhales, and exhales.

And when you are ready to come out of it, bring yourself back to your body, back to the space. Slowly, you can wake the body up. By introducing some micro movements into the joints, the fingers, the toes, the wrists, the ankles, maybe rocking the head from side to side and then coming to lie onto any side. Just roll onto any side and press yourself up to the comfortable seat. Sitting up nice and tall, you can bring the palms to touch, Anjali mudra, as you inhale. Inhale all of that balance and focusing energy we've just practiced.

And as you exhale the forehead down to the fingertips, thank yourself for practicing. Thank you. Practice what it has taught you today. And then I extend that gratitude and appreciation to each one of you. Thank you for joining me. Have a lovely day further. Namaste.