

Foot Soaking

A Refresher...

The Materials:



Filling with Water:



Luke Warm Tap Water

Amount Of Salt:



Hand Full of Salt

Pouring Salt:

Adding Salt to the Water
Filled Foot Soak Bowl



Position for Foot Soak:

- Body should be relaxed and comfortable during the foot soaking.
- Paper Towel/ Fabric Towel, Fresh water should be within reach.



Placing Feet in the Water:



Feet should be comfortably placed in ankle deep water.

Foot Soaking & Meditation:

- Sit for meditation for 10-15 minutes with both palms open in your lap.
- During the meditation your feet should be in the foot soaking bowl.
- If you wear glasses, please remove them.
- If there are any thoughts, please avoid reacting to them.



Rinsing:



After meditation rinse your feet with fresh water.

SAHAJA YOGA

Wiping:



Wipe your feet with either paper towel or fabric towel

Disposing of Water:

- Dispose or flush the water down the toilet.
- Avoid spilling or disposing water in other parts of the house
- Don't use foot soaking bowl for any other purpose.

