

BREATH & NATURE DEEP RELAXATION



1 - Stepping in

Starting with gentle movement and stepping into the present moment for our class today.



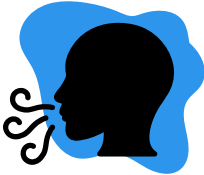
2- Connecting with Our Body

Tuning into our senses and breathing gently to soften every part of our body as we bring our awareness to it.



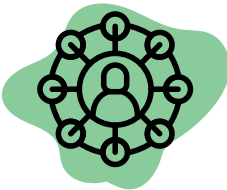
3- Connecting with Nature

"Following nature sounds to places around the Earth. Bringing our heart-felt wish to life with our imagination. Relaxing even more.



4 - Connecting with Our Breath

Breathing in as the music (Aria Breath) rises and out as the music falls. Relaxing with each breath as we enjoy this practice of harmonic breathing.



5 - Integration and Stepping Out

Slowly coming back. Noticing how we feel. Moving gently again as we get ready to step out of our deep relaxation experience.



CERTIFIED EcoNIDRA™ TEACHER

WWW.BREATHANDNATURE.COM

Thursdays at 6 PM
Prana for Peace
Stillwater, New Jersey