

One Minute to Calm

1 minute

Calming, Centering, refreshing

So let's start in a comfortable seated position

Allow your sitting bones to press down into the earth

Roll your shoulders up, back and drop them down

Lengthen your spine

Gently close your eyes

And imagine that there is a beautiful, white, shimmering healing light
surrounding your whole body

And as you inhale, you draw this light into your body

As you exhale, you breathe it out into the world

Inhale love

Exhale everything else

Beautiful, enjoy your day!