

Releasing at Day's End

Intention: to release any tension or stored discomfort at the end of the day and transition into safe, soft space for rest. A few times during this experience you will hear a suggestion of taking a cycle of breath. A "cycle of breath" is the combination of inhaling and exhaling. So when you hear, "take a cycle of breath" this means inhale and exhale (demo).

Begin by finding a comfortable position...perhaps you're reclining in a bed or chair..see if you can align your spine, your head and shoulders in a way that's comfortable.....feeling supported.....

And now take 3 cycles of breath, each increasingly longer, deeper (Claire allow time and maybe demo).....engaging your diaphragm muscle at the base of your lungs to breathe.... gently filling and emptying.....continuing to focus on breath, note that with each cycle, muscles and joints are softening.....releasing with each breath.....if your mind starts to wander, simply bring your awareness back to your breath...and feel the sense of ease deepening with each cycle of breath.....softening...opening...releasing

And now see if you can imagine the light of the day making the transition to evening.....the shadows are noticeably lengthening....the light is softening....you are in a perfect place to see the sun begin to set.....Perhaps there are some clouds.....maybe jet trails.....any wind or strong breeze has calmed and trees or grasses settle in for the night.....looking into the sky, see the hues of color.....pinks....violet...lilac....lavender...giving way to red....scarlet...orange....gold.....as the sun sets, the colors moving toward the longer angles of the color spectrum.....all around you is the stretching, lengthening, elongating movement of the day's energy....gently transitioning.....and see if you can allow yourself to match this energy.....

Bring your awareness to your whole being.....awareness to your spine....note the continuous waves of gently undulating energy flowing along your spine, connecting your feet and head.....all is quietly connected, gently continuing to lengthen, to soften.....Your jaw loosening, your face softening, your hands open and soft....your legs long and comfortable.....you're creating an open, safe space within your torso, your solar plexus, your belly.....a growing, softening, elongating space for settling.....floating.....notice the soft light..... the faint, gentle hum of slightly undulating energy.....the

welcome into this space of releasing and lengthening.....of quiet comfort and gentle
presence....float....rest.....