

# *Sample Relaxation Scripts*

Even when students are completely ready to relax the body after a rigorous asana practice, many have difficulty allowing the mind to come into the same state of relaxation. Left to their own devices, many students find themselves focusing on what comes next in the day. The following scripts provide examples of ways in which you can guide your students into a deeper state of relaxation as they settle into Shavasana.

## *Progressive Relaxation*

- Breathe deeply into your left foot. Hold your breath and visualize it filling your entire left leg. Tense your left leg. Lift it off the ground slightly. Tense it still more. Exhale and completely relax your left leg and imagine it dissolving into your breath as you lower it softly back to the ground.
- [Repeat the preceding instructions for the right leg.]
- Breathe into your left hand. Spread your palm and fingers open wide. Now make a fist. Hold your breath in and visualize your arm filled with your breath. Lift your left arm and tense it a little more. Exhale and completely release your left arm and let it dissolve and become the healing white light of your breath.
- [Repeat the preceding instructions for the right arm.]
- Inhale as fully as you can into your belly and fill it like a balloon at its fullest capacity. Hold your breath. Exhale through your mouth and deeply and completely relax.
- Now breathe into your rib cage, deeply filling your lungs in all directions. Expand your lungs and rib cage to their fullest capacity. Hold the breath. Exhale deeply and completely relax your back and chest.

- [Move down through the rest of the body in similar fashion.]

## *Star Relaxation*

- Visualize the rays of a blue (or gold or white) star flowing in through the crown of your head. Allow every skin cell, every muscle cell, and every bone and blood cell in this area to relax completely.
- [Wait a couple of breaths.]
- With your next breath flowing in, visualize the starlight penetrating deeper into the space behind your eyes and between your eyebrows.
- [Wait a couple of breaths.]
- As you breathe in again, continue to visualize the soft starlight moving down and spreading its light and energy throughout your whole body.
- [If you have sufficient time, talk students through every joint in the body.]

## *Belly-to-Universe Relaxation*

- Feel your breath rise and fall gently in your belly. Visualize the breath as a sphere of white light about the size of a softball. Let this sphere of white light expand gradually with each breath.
- With your next inhalation, let the sphere expand to the size of your entire torso. Expand the healing white light of this sphere in all directions so that it moves not only through your body but beyond the boundaries of your body.

- Let your body and breath become one as you continue to expand this sphere of light with each breath. Allow the next breath in to expand the sphere into a bubble surrounding you yet letting your body be completely one with the breath as you deeply relax.
- With every inhalation, feel expansion; with every exhalation, feel even more deeply relaxed.
- In the next breath, expand the sphere and your body to the size of the room . . . then the size of the building . . . then the city . . . the planet . . . the universe. Feel your whole body as one with the power and wisdom of the universe.
- [After 5 to 10 minutes, guide students back by saying something such as:] In the next few breaths, retaining that sense of expansion and limitlessness, gradually breathe yourself back into the perfect form of your rested and recharged body on the ground. In the next few breaths, begin to gently roll to one side and come up to a sitting position.

## *Tibetan Healing-Breath Relaxation*

- As your breath comes into your body, visualize and feel it as pure, healing white light. As the breath exits your body, see it as smoky grey. Let the breath remove any last bits of tension, toxins, imbalance, or resistance, thus allowing you to deeply relax.
- As the breath is clearing and purifying your body, visualize and feel each breath as it exits your body turning from a smoky gray to a lighter grey, until finally the exhaled breath is as clear and pure as the healing breath you inhale.

## *Chakra Relaxation*

Imagine that you are comfortably sitting or lying in a comfortable spot on a warm spring or crisp autumn day. Feel the soft caress of the sun's rays warming your skin. As you bask in the clean, healing energy, picture yourself breathing in the rays of the sun, allowing the rays to fill your entire

body—from the tip of your nose down to the ends of your fingers and toes. As the warmth of the breath enters your body, imagine your every fiber softening and melting away any tensions you've been holding.

Continue visualizing the warmth of the (spring or autumn) sun filling your entire body with each breath. Now, imagine the sun's rays turning a lovely, vibrant red. Invite the power of the red energy to concentrate around the area of your tailbone. Allow yourself to visualize your tailbone nestling into the earth; feel rooted into the support of the ground beneath your body. After a few more breaths, invite the feeling of grounding, and of connection to everything that is, to spread throughout your whole body. Send gratitude into your Muladhara chakra.

As you continue breathing consciously, envision the color of the sun's rays changing from red to a deep, vivid orange. Direct that warm, dynamic energy into your pelvis, just below your navel. Invite this nourishing, creative energy to swirl with ease throughout your pelvic bowl. Feel empowered and alive as the orange rays expand throughout your body and beyond. Send gratitude into your Svadisthana chakra.

When you feel ready, draw your awareness toward your solar plexus, above your navel and below your breastbone. Imagine the sun's energy now transforming into the yellow of the warm sunshine you are breathing in. Sense the power and strength of the sun's rays and travel with it as it extends in all directions from your abdomen outward. Send gratitude into your Manipura chakra.

Reflect upon and extend gratitude into the calm yet creative power that melds the energy of your lower chakras.

Bring your breath awareness up to the center of your chest behind your breastbone. Visualize a precious green or pink gem residing in this space. As you continue to inhale the rays of the sun, see and feel the brilliance of the divine energy of love reflecting off the treasure in your heart center. Draw in compassion for yourself from the universe and, as you exhale, allow the echo of that benevolent power to refract in all directions to all souls. Send gratitude into your Anahata chakra.

Feel your breath move through the back of your throat as it enters and exits your body. Draw the expansive nature of the bluest sky into your neck and throat. As the sun's brilliance continues to fill you, notice yourself opening up to the

realization that your truest nature is as vast and profound as the expansive universe. Continue to revel in the sapphire awareness. Send gratitude to your Vishuddha chakra.

Now envision the waves of the sun shifting from blue to an indigo-violet hue. Invite these solar impulses to enter your body through a space just above and between your eyebrows. As that energy comes into the space of your mind, open up to a deep, insightful awareness. Meditate on the intuitive nature of this realization. Allow

yourself to connect on a more profound level with the nature and knowledge of the universe. Send gratitude to your Ajna chakra.

Finally, move awareness to the crown of your head. Visualize brilliant, white sunlight entering your body from this point. Feel yourself connecting more fully with the divine nature of all and recognize that you are an important part of that divinity. Send gratitude to your Sahasrara chakra and invite the luminous nature of each chakra to envelop you in peace.