

A Moment of Mindfulness

With Ms Karla



Relax, close your eyes

Imagine a light high up above you

Imagine that light coming down and filling up
your head

The light moves down into your neck

Into your shoulders and chest

Really feel it filling up your heart and stomach

Now down your arms and into your hands and
fingers

Imagine it going into your hips

Down your legs and into your feet and toes

Fill up your entire body with this light, every little
part

Take a deep breath in...When you let it out
imagine blowing the light out all around you

Surrounding you with love and happiness

Open your eyes

