

FLOATING ON WAVES IN THE SEA

Listen to your breath for a few moments and let your body feel heavy and relaxed.

Now imagine that you are totally safe and lying on your back in the sea on the waves. You might be on a lilo, on a surf board, a raft or a boat. Imagine feeling the waves moving underneath you and feel the sun keeping your body warm. Notice the colour of the sky, the smell of the sea, the sound of the birds and the sense of calm and stillness that you feel. Enjoy the movement of the water and the happiness you feel.

We'll count to 10 together and come back to the here and now.