

SPRING TIME

Lie down and allow your body to become very comfortable. Close your eyes now and begin to pay attention to how your breath flows in and out of your body.

Doesn't it feel so wonderful and calming?

As you breathe out, imagine everything that happened during the day just floating away.

Imagine breathing in peacefulness. See little bubbles of air filled with relaxation and calm traveling to all parts of your body and filling it up completely. You feel so calm and relaxed right now.

I would like you to think about the season of Spring, it is about new beginnings and a time that new and wonderful things can happen in your life.

Remember that you are growing and changing each day.

Every season brings a new you. Think about how during the winter months certain flowers disappear only to come back to life stronger during the spring time.

Now, imagine yourself being a flower, ready to sprout from the bud. You've been hibernating all winter in a cosy shelter snuggled in the earth. The earth has protected you all through the frosty wintery months.

Now, as spring approaches, the rains fall from the heavens and you soak up the water completely. It renews you and gently wakes you up. Notice how you look forward to feeling the beautiful warmth of the sun once again. Now you break through the bulb and start to grow into the beautiful, bright, proud flower that you are becoming.

This is much like all of life.

We choose new goals or things to strive for, and work towards those which makes us feel amazing and good each and every day. We always strive to show the best in ourselves and to be the best we can possibly be.

Virtual YogaBugs



Think for a moment about you'd like to do or achieve, or something you'd like to improve.

What is it that you'd like to be able to do better? Focus on that for a moment now and imagine yourself growing and learning and becoming better at that exact thing.

Pause

See yourself doing whatever it is that you wish to do. See it your mind as already being real and true.

See yourself surrounded by loved ones who are cheering you on. You're so proud of yourself and everyone else is proud of all you have achieved.

Because of your focus and your effort to improve yourself each and every day and because you BELIEVE IN YOURSELF, you have made it happen!

Just as a flower comes back stronger each and every spring, you do, too.

Well done, you've done a beautiful job relaxing and imagining today.

Take a deep breathe in and slowly open up your eyes.

