

Woodland Visualisation

Preparing

If you have space and privacy to lie down you can prepare for your journey with Progressive Neuromuscular Release. Alternatively if you are sitting-relaxing you can use an autogenic relaxation technique.

The journey

Settle into your body now.

You are walking along a quiet path. You turn a corner and notice a brightly painted gate leading into a grove of trees.

You decide to take a closer look. You walk towards the gate and open it. You hear the hinges creak and you can feel the roughness of the wood as you open the gate. You carefully step into the wood and close the gate behind you.

You pause and take a deep breath. You notice the fresh woodland scents. You follow a natural path that threads through the trees.

The birds are singing. A light breeze is rustling the leaves in the trees.

It is a *beautiful* day.

You notice a particularly interesting tree. You reach out and stroke the bark of the tree, then touch the leaves with your fingertips. What kind of tree is it?

You wander into a clearing and see a sunny spot where you can relax.

Settling down you look up into the sky. What kind of shapes are the trees making above you? What kind of shapes are the clouds making?

You notice the feeling of the tree roots underneath you. They fit and support your body perfectly. You can *completely* relax here.

You can feel the breeze and hear the leaves rustling and birds singing.

It is a *beautiful* day.

Rest here for a few minutes enjoying the peace and the sunshine.

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You decide that it is time to leave the woodland so you get up slowly and walk back through the woodland. You reach the gate and walk through, closing it behind you.

Bring your awareness back to your body and back to your breath.

You now notice your body and the contact it has with your surroundings. You remember where you are and what you are doing here today.

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Returning

Gently move your fingers and toes.

Twirl your wrists and your ankles.

Have a nice *long* stretch.

Shrug your shoulders up to your ears and let them drop a few times.

Roll your shoulders in circles backwards a few times.

Stand up and if it is convenient do a few hip circles one way and then the other.

Stretch up on to your tip toes and lower down again.

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Stand in Tadasana

Stand with your feet parallel. Firm your thigh muscles and lift your knee caps, keeping your belly soft. Lengthen your tailbone toward the floor and lift your pelvis toward your navel.

Roll your shoulder blades back and down, and feel your sternum lift. Let your arms hang loosely. Lift the crown of your head upwards, and soften your eyes, mouth and forehead. Let your eyes focus softly on something about 6

feet away. Wait, and rest in Tadasana for as long as you feel comfortable, up to about a minute.

Bring your hands together in front of your chest in **Añjali Mudrā** or **Pranamasana** (prayer position).

Now in this peaceful state of mind, enjoy the rest of your day.

Namaste

