



Preparing for Relaxation*

The following steps should help you prepare for your guided breathing/relaxation session:

- Lighting a candle is an excellent way to prepare the room.
- Power off your TV, cell phone or anything else that may interrupt you.
- Either sit in a comfortable chair or lie down– the choice is yours, but the most important thing is that you are comfortable. If lying down, it's best to TRY not to fall asleep, but to relax deeply. If you are prone to falling asleep, try to be seated instead. If lying down, placing a pillow under your head or your knees can be very helpful.
- If the temperature of the room is cold, you may want to cover yourself with a blanket. Keep in mind, your body temperature drops slightly when you are more relaxed.
- If you have an eye pillow, you can place it over your eyes.

**Do not watch or listen to relaxations while you need to be fully awake and alert for other reasons (e.g. driving a car), as this can be dangerous. Make sure you are in a safe environment free from distractions.*