



RELAXATION MEDITATION

Systematic relaxation meditation is used to release built up physical and emotional tension and move you into a more relaxed state.

Various forms of this are **often used at the end of yoga classes.**

You will lay on the floor for this practice.

Pillows, blankets, and/or yoga bolsters can be helpful in setting up a comfortable position so **have these items available before you start the recording.**

It can be helpful to practice this right before getting into bed for the night or even in your bed if you have a hard time falling asleep. You can also **try this meditation in your favorite sleeping position if you wake up in the night** and have trouble falling back to sleep.