



Rock, Roll and Rest

- 1 Lie on a mat or blanket. Hug your knees to your chest and close your eyes.
- 2 Rock sideways, left and right. Breathe in a calming pale blue. Breathe out a fiery red. Let your body relax.
- 3 Roll forward and back three times. Breathe in your calming blue. Breathe out your fiery red.
- 4 Keep rocking and rolling until you're full of calming blue.



- 5 Stretch out your legs and let them rest on the floor. Let your arms relax by your sides. Feel your body sink into the floor.
- 6 Take three soft, slow, mindful breaths. Open your eyes, roll to your side and stand up.