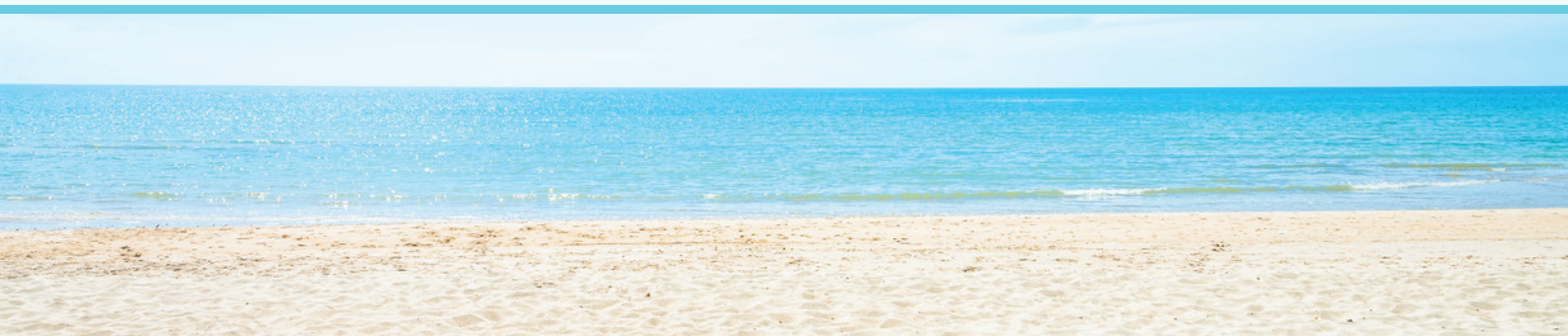


# Time at the Beach



Before we start, we are going to take a couple of minutes just to find a nice comfortable space and to relax. You can sit on the floor (or chair if doing this in class), or lie down on the floor. I am going to invite you to close your eyes and if you don't feel comfortable doing this, find a spot/focus point on the floor and just look at it for the next little while so that no one around you is distracted.

I'm going to invite you now to visit the beach.

First of all, we are going to get in tune with our breath. Now that you are comfortable...slowly notice your breath, and how it is this morning/afternoon. Notice as you breathe in and out what is happening to your body...as you breathe in and out, notice what is happening to your chest/your belly, as it rises and falls. Empty your mind of all your thoughts and allow your breath to slow. Is it fast, slow, heavy.... just allow your breath now to slow and focus completely on the breath. Breathe in through the nose and out through the nose. Count to three in your mind.....breathe in on the count of one and out on three.

Imagine you have left your home and are now arriving at the beach. It's a glorious sunny day and the sun is beating down on the golden sand.

As you step on to the beach you flick off your sandals/ flip flops and can feel the heat of the sun on your feet. The grains of sand fall through your toes and it feels like someone is pouring the sand over you. You can feel the grains touch your toes. Relax now and breathe....one ... two....three....one two....three...You find your ideal spot on the beach and sit down and take in the view.

What can you see? You can see the waves crashing on to the golden sand and hear the voices around you...the sound of children playing and people talking...imagine you can see the sun umbrellas gently blowing in the breeze and the sun loungers laid out in a pattern. You can see children running in to the sea and diving through the incoming waves...watch as they play and run around... You can see grandparents giving ice cream to their young grandchildren....oh the look of the ice cream...creamy and delicious...oh you see chocolate in the ice cream too....oh no ...one boy drops his in the sand and cries..... but Dad picks him up and gives him a hug.

As you sit you can feel the sand through your fingers and toes. Allow the grains of sand flow through your fingers and toes and feel the heat and the warmth. You can feel the golden grains...most fall through your toes...but some stick to the inside of your toes.

You lie down now.....allow the sand to catch you as you rest back in to a comfortable place. You move and wriggle until the sand settles....allow it to cradle your body and rest a while. Now come back to the breath....in through the nose and out through the nose.

As you lie there, allow the breath to fill your lungs and take you to this place.... which is so warm and sunny. Imagine the hot sun beaming down upon you. ...on your face...as you breathe allow the light and the heat of the sun to shine on you, ....flowing across your whole body.

Imagine all your favourite things around you...maybe a book, a bookmark your Granny once gave you, your favourite cuddly toy, your pet dog or cat; your favourite food...chicken pasta, curry and rice....steak and chips...ice cream.

Now come back to your breath...in through the nose and out through the nose ...become aware of what sounds are now around you. Take a picture in your head of where you have been and hold it there....you can come back to this place any time.

It's time to leave this place now....slowly come back to the breath...in through the nose and out through the nose..... one two three four....bring your awareness back to the place you are in...listen to what you can hear.....bring a presence back to your body....how does it feel? Are there parts of your body that are more tired or heavier than others?...be comfortable in that space...now rub your hands together and let them get warm...place them over your eyes and face and slowly open your eyes...come back in to your surroundings and lie for a minute just resting.

Slowly roll over on to your right side and get up gently.

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