



Circles of Learning

Education Health Environment Community Creativity

Meditation and Relaxation

Meditation is about concentration and gaining control over your mind and life. The procedure is simple, yet often difficult to master. Focus on your breathing, a mantra, an object or use guided meditation. Maintain concentration for as long as you can.

Meditation creates mental clarity and generally improves your life. It is a process that leads to a state of consciousness which brings serenity, clarity and bliss and is important in balancing today's busy and stressful lifestyle. The deeper you meditate the more you know about yourself and true knowledge presents itself.

Relaxation Exercise

Tip: Record yourself verbalising this exercise to your iPod, CD or other device to help you relax and focus on the journey. This is also useful when time for children to calm down at the end of the day, to help them be ready for bed.

Lie on the floor and feel the hardness of the floor beneath your back, feel your muscles start to sink into the floor, relax.

Now be aware of your feet in your shoes/socks, wiggle your toes slowly, now tense them up, make them stiff, hold, now release.

Feel the balls of your feet, push them out and away from your body and push hard, hold, now release. Be aware of your breathing; breathe in and out through your nose slowly. Breathe.

Now be aware of the muscles in the backs of your legs, hold them tight, real tight, hold, now release, it feels like your legs are also melting into the floor, you are starting to feel so relaxed.

In your mind move up towards your tummy and feel your back. Squeeze all those muscles in tightly, hold, take a deep breath in, now let go of your breath and release your muscles too.

Now feel the muscles in your fingers hold them tightly together, make a fist, squeeze, squeeze, release.

p 02 9327 7750

a PO Box 928, Double Bay NSW 1360

e info@circlesoflearning.org.au

w www.circlesoflearning.org.au

The muscles in your arms and shoulders and neck, pull them in too, hard, take a deep breath and release all those muscles.

Now finally tighten your face, pull a screwed up face, pull harder, go on, harder, aaahhhh now release. Your whole body is now in total relaxation.