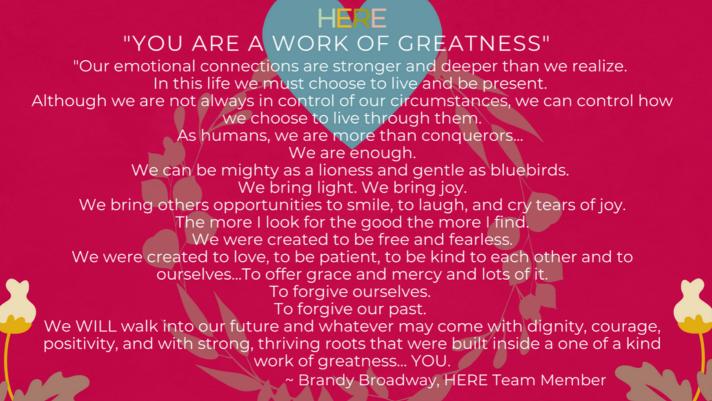
## THEME: "YOU ARE A WORK OF GREATNESS"







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"I am enough. The comforts of the season surround me. I am a work of greatness."

(Deep breath in ~ "I am enough." ~ Exhale Deep breath in ~ "The comforts of the season surround me." ~ Exhale Deep breath in ~ "I am a work of greatness." ~ Exhale Repeat as many times as you need)

## THEME: "YOU ARE A WORK OF GREATNESS"

## VISUALISE PEACE + CALM

Sit quietly in "Easy Pose," close your eyes, and breathe gently. Imagine a soft, gentle breeze on your face with scents of pine and cinnamon, and partridges quietly chattering. For children, have them imagine they're sitting quietly in a nest, protecting their environment, and being gentle on the heart and mind. Sit here with these healing breaths, and invite peace and calm into the heart.

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## "FIVE FINGER BREATH"

Hold up your right hand, place your left index finger on the outer edge of your right little finger. When you breathe in, go up your right little finger tracing it to the top, and as you breathe out, go down the finger. Repeat this for all the fingers and thumb, and take a pause every time you are at the top of a finger, and then the bottom too. Take your time, and enjoy the stillness and peace to help you calm the nervous system when feeling overwhelmed. Repeat as many times as needed.



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