

Title:

A 10 minute Guided Relaxation - Corpse Pose:

Instructions for this 10 minute Relaxation:

1. Body Posture: Lay flat on the ground, eyes closed. Put arms out at about 45 degrees, with palms facing up. Put legs apart about double the width of your hips with toes pointing outward. Neck straight and eyes closed. Breathe normally.
2. Listen to this guided relaxation. Then rest an additional 5 or 10 or 15 + minutes if you wish.
3. Waking up: When you are ready to get up, stretch your body slowly; do each of the following movements a few times:
  - Slowly open your eyes; without moving your head, look up, down and sideways; move your eyeballs around in both directions; blink your eyes.
  - Rotate your tongue inside your mouth between your lips and teeth.
  - Slowly wiggle your toes and fingers; rotate your ankles and wrists.
  - Shrug your shoulders.
  - Turn your head from side to side slowly.
  - Slowly bend your knees up with feet on the floor; then twist your body by keeping your palms and shoulders on the ground, and drop your knees as far as possible to the left while your head is turned to the right.
  - Do the reverse: your knees turn to the right and your head turns to the left.
  - Move your knees back to the center. Bring your knees up to your chest and embrace them with your arms. Hold them close to your chest and rock from side to side.
  - Put your knees down. Turn your whole body to one side. Use your hands and elbow to push yourself into a sitting position.

(Based on Integral Tai chi / Corpse Pose– Master Ce Hang Truong)