**TD 1 COOLDOWN Last 5 minutes of class**

**beach visualization relaxation (teacher-led)**

Adapted from: https://www.innerhealthstudio.com/visualization-relaxation.html

In the classroom (turn off lights)

You are going to get comfortable - Sit comfortably in your chair.

You can close your eyes if you want to.

You are now going to relax your body

Contract the muscles in your arms then let your arms go limp (limp means totally relaxed)...

Contract the muscles in your legs, your quadriceps, your calf muscles, your glutes; your hamstrings then relax…

Feel your arms and legs becoming loose and relaxed...

Now relax your neck and back by relaxing your spine (your vertebrae).... Let your neck and shoulders become very relaxed.

Let all the tensions in your back leave you.

Breathe in deeply through your nose into your diaphragm, fill your lungs.... and release the air through your mouth with a whooshing sound....

Breathe in again through your nose, slowly.... pause for a moment.... and breathe out through your mouth.....

Draw a deep breath in through your nose.... and out through your mouth....

Remember that when you break out you should make a swooshing noise.

Breathe In..... Breathe out..... X 5

Become more and more relaxed with each breath....

Now imagine that the sound of your breathing is the sound of the waves at the beach.

Imagine you are walking on the beach

You can see the waves.... you can smell the ocean spray.... the air is salty and warm.... and there is a pleasant, cool breeze

You are walking along a big stretch of white sand.... the sand is very soft white powder.... You are barefoot and your are walking through the hot, white sand toward the water....

You can hear the waves crashing on the sand . the water.... it is a bright blue-green....

You can See the waves washing up onto the sand..... and receding back toward the ocean.... washing up.... and flowing back down..... it is the same as the rhythm pf your breathing

Walk further into the clear, clean water.... you can see the white sand under the water.... the water is a pleasant, relaxing temperature.... providing relief from the hot sun... cool but not cold....

You walk further into the water if you wish.... you can swim if you want to.... enjoy the ocean for a few minutes..... allow the visualization relaxation to deepen.... more and more relaxed... enjoy the ocean....

Now you are feeling calm and refreshed...

You walk back out of the water and onto the beach...

You are free of worries... no stress... calm.....

You feel peaceful and relaxed.... allow all your stresses to melt away....

When you are ready to return from the beach, do so slowly....

Bring yourself back slowly to the classroom.

Remember you are at STAPS, at university, at the Recteur Schmitt building.

Come back slowly into the classroom.

Keep with you the feeling of calm and relaxation.... feeling ready to return to your day....

Open your eyes, stretch your muscles... and become fully alert. and.. refreshed…

**Now GO ONTO MADOC. There is a google doc and you must sign up for the warmup or cooldown session in one of the next classes. (Groups of 2)**

**If there is an odd number or not enough people in the class then some people may sign up twice…**