

An Example of purestretch relaxation – 10 minutes.

As your class is getting ready for relaxation remind them that their body temperature will drop so they may want to put an extra layer on, make sure those those who want to leave before your start do so before you begin and encourage the rest of your class to switch their phones off ... now let's begin...

You've worked hard and now it's time to let the body relax and enjoy that feeling of relaxation. Your body temperature may drop slightly so if you have another layer of clothing to pop on .. put it on now.

Before you totally let, make sure that you are in a position that is comfortable for you. Maybe grab a block or folded towel and pop it under your legs so you can lie comfortably or simply keep your knees bent.

Check that the body feels balanced, imagine the spine as a centre line and everything on either side is even. The shoulders, arms, hips, legs and feet.

Allow the feet to fall away from each other, let the thighs become soft. Relax the belly and feel the shoulders just melting in to the mat.

Focus on your breath and gradually begin to improve it. Not just using the chest to breathe in and out, but also using the belly. Let the belly expand like a balloon filling with air as you inhale and as you exhale try and get rid of all that breath.

Do this a few times.... And enjoy (1 minute)

There is no expression on your face, your eyes are soft and jaw relaxed. Let your entire body become heavy, let the mat take the entire weight of your body...let go.....relax (2 minutes).

Slowly begin to wake the class up

Begin to feel the points of contact your body has on the mat And once more start to focus on your breath. Imagine that each time you breathe in you are beginning to take the weight of your body back.

Start to wiggle the toes and fingers, bringing positive energy back into the body and gently take your head from side to side, loosening the neck.

Place the feet flat on the floor and when you're ready, roll over onto your right side and rest in this position, maybe draw the knees a bit closer to give yourself a cuddle.

In your own time, open your eyes... and when you feel ready, push yourself up into a seated position.

Once the class is ready and seated, mobilise the neck by taking the head from side to side, rotate from shoulder point to shoulder point. Drop the right ear towards the right shoulder and hold, slightly pulling the left shoulder down and hold. Repeat on the other side and then centre.

Then a big deep breath of energy, inhale with a great stretch to the ceiling, exhale stretching the arms back down to the floor. Repeat three times and end with a big smile!

Tense and release

So if you're not really comfortable working with relaxation then this a simple technique to teach, and also a great way to introduce that time out for those who struggle to participate in relaxation

As your class is getting ready for relaxation remind them that their body temperature will drop so they may want to put an extra layer on, make sure those those who want to leave before your start do so before you begin and encourage the rest of your class to switch their phones off ... now let's begin.

Just let yourself completely sink into your mat, you've worked hard and your body is simply waiting for permission to let go.

We're slowly going to work our way up the body and each time you hear the word relax allow your body to relax!

Your legs feel heavy on the mat but I'd like you to squeeze your thighs , squeeze your knees and feel this strength for a moment, hold this And now relax.

Your hips are sinking slowly into the mat but I want you to squeeze your butt, squeeze your butt, squeeze your thigh squeeze your knees . hold this ... and relax.

Your shoulders are open and resting on the mat but now I want you to make a tight fist with both of hands and squeeze this grip, really squeeze .. and relax.

And finally I'd like you to clench your teeth , clench your teeth and now push your head into your mat ...hold this feeling ... and now relax.

The next time you hear me say the word [relax](#) I want you to allow your body to really feel this, let your body go and ... enjoy.

I want you to squeeze your thighs, squeeze your knees, clench your butt, hold your tight fists, clench your jaw, push your head into the mat .. now hold this .. hold and relax!

Relax and let go... The next minute of total relaxation is your time out .. Enjoy!

Begin to feel the points of contact your body has on the mat as you focus once again on your breath. Imagine that each time you breathe in you are beginning to take the weight of your body back.

Start to wiggle the toes and fingers. Gently take your head from side to side, loosening the neck.

Place the feet flat on the floor and when you're ready, roll over onto your right side and rest in this position, maybe draw the knees a bit closer to give yourself a cuddle.

In your own time, open your eyes... and when you feel ready, push yourself up into a seated position.

Once the class is ready and seated, mobilise the neck by taking the head from side to side, rotate from shoulder point to shoulder point. Drop the right ear towards the right shoulder and hold, slightly pulling the left shoulder down and hold. Repeat on the other side and then centre.

Then a big deep breath of energy, inhale with a great stretch to the ceiling, exhale stretching the arms back down to the floor. Repeat three times and end with a **big smile!**