

RELAXATIONS for SLEEP

Vol.1



GUIDED RELAXATION SESSIONS

YOGA2HEAR

Relaxations for Sleep

Guide Book

This guide book must only be used in conjunction with the accompanying audio sessions.

Relaxations for Sleep

Medical Warning.

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Relaxations for Sleep

Introduction.

Thank you for purchasing the Yoga 2 Hear Guided Relaxation Download.

Relaxations for Sleep Vol.1 contains two different 30 minute relaxation sessions that have been devised to be used whilst laying comfortably in bed.

The sessions encourage you to focus only on your relaxation, this will help to clear your mind and then induce a state of deep rest so that you can drift off into a fantastic sleep and wake feeling calm, refreshed and revitalised.

If you are prone to waking in the night and then struggle to get back to sleep these sessions can be used to help ease you back into a deep refreshing sleep.

Each session uses simple breathing exercises, relaxation and visualization techniques combined with soft background music that sets a perfect rhythm for your breath. At the end of each session the music very gradually fades away as you drift off to sleep.

The various breathing exercises and techniques used in these sessions will develop your ability to calm and still your mind and allow you to cultivate and enjoy deep mental and physical relaxation. It is this state that provides the perfect conditions for you to enjoy a really deep nights sleep.

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Relaxations for Sleep

Before you start.

Here are a few tips to help you prepare for a good sleep;

We recommend that you avoid eating heavy meals, drinking alcohol or drinks containing caffeine and any other foods or drinks that stimulate the body or mind before you go to bed.

Try to have a shower or bath before going to bed and make sure that your bedroom is at a cool temperature and is free from clutter.

Regular exercise usually makes it easier to fall asleep and sleep better. Around 30 minutes a day is sufficient. A gentle yoga class is an ideal form of exercise and can even be performed in the evening without over stimulating the body or raising body temperature.

Please ensure you listen carefully to the Introduction to these sessions and that you strictly follow its recommendations at all times.

If, at anytime during these relaxation sessions you find that your mind wanders, focus your attention on to the sound of your breathe slowly entering and leaving your body as you breathe through your nose.

We hope you enjoy these sessions and we are always keen to hear any comments you have. You can leave us your feedback [here](#).

Namaste



Sue Fuller

YOGA2HEAR

.our other titles include.

