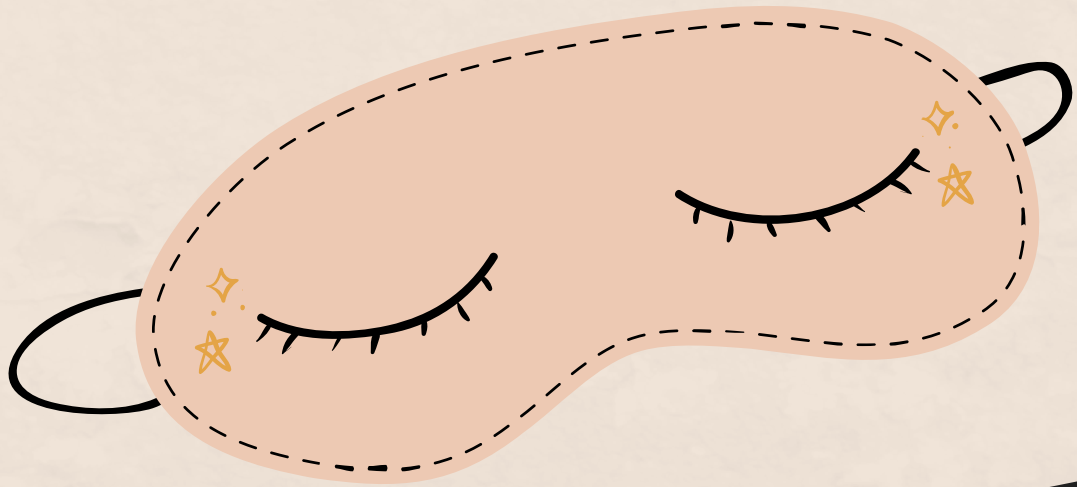


Beddilatation



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THIS WILL HELP TO RELAX YOUR WHOLE BODY
AND IMPROVE YOUR QUALITY OF SLEEP.

STEP 1) CLIMB INTO YOUR LOVELY BED, PLACING YOUR HANDS OVER YOUR TUMMY. MAKE SURE YOU'RE COSY, COMFY AND WARM.

STEP 2) CLOSE YOUR EYES AND FEEL YOURSELF SINKING INTO YOUR MATTRESS. BRING YOUR AWARENESS TO YOUR POINTS OF CONTACT (ANY PART OF YOU THAT IS TOUCHING THE BED).

STEP 3) NOTICE YOUR BODY SLOWLY BEGINNING TO WARM UP AND GENTLY START TO DEEP BREATHE. BREATHE IN FOR SIX SECONDS AND NOTICE YOUR TUMMY EXPAND, BREATHE OUT FOR SIX SECONDS AND NOTICE YOUR TUMMY CONTRACT.

STEP 4) REPEAT YOUR DEEP BREATHING AT LEAST 8 TIMES. TRY YOUR BEST TO FOCUS ON NOTHING BUT YOUR TUMMY. WHEN OTHER THOUGHTS CROSS YOUR MIND, TRY TO BRING YOUR ATTENTION BACK TO YOUR BREATH.

STEP 5) AFTER 8 OR MORE DEEP BREATH'S, STRETCH YOUR HANDS OVER YOUR HEAD AND FINALLY, PREPARE YOURSELF FOR A LOVELY NIGHTS SLEEP.

@PESSN

