

Guided Relaxation Dub

Borgore

Find a quiet place and sit comfortably on the ground with
your back straight
Make sure you are in a very comfortable position
So you can let yourself go completely

Close your eyes
Breathe in through your nose, expand your belly
Hold...
Exhale, and blow away all your tensions
With each breath, let your body relax
Feel yourself relaxing

Relaxing

Let go
Breathe
Let go
Let go

Relaxing

Find a quiet place and sit comfortably...
Make sure you are in a very comfortable position
So...