

SAVASANA



MEDITATION

SAVASANA MEDITATION

Body Scan
Visualization Of Oneness
Self-Love And Acceptance
Trusting Your Intuition
Cleansing And Restorative Meditation
Gratitude
Chakra Balancing
Mindfulness
Abundance And Prosperity
Coming Home To Ourselves



Introduction

Welcome to our Savasana Meditation Script Bundle, specifically created to enhance your yoga classes by offering a serene and mindful conclusion to each session. Each meditation script is designed to be 10 minutes long, making them the perfect length to end your yoga practice on a deeply relaxing and peaceful note. These scripts are free to use for both in-person and online yoga sessions, providing you with versatile tools to guide your students into a state of tranquility and inner peace. Please note that while these scripts are free to use, they cannot be resold in their original state.

Why End a Yoga Session with Meditation?

Ending a yoga session with a meditation offers numerous benefits:

1. Deep Relaxation: Meditation helps to calm the mind and relax the body, allowing students to fully absorb the benefits of the physical practice.
2. Mental Clarity: It provides a moment of stillness and reflection, promoting mental clarity and mindfulness.
3. Emotional Balance: Meditation can help balance emotions, reduce stress, and create a sense of emotional well-being.
4. Integration: It allows for the integration of the physical, mental, and emotional aspects of the yoga practice, fostering a holistic sense of harmony and balance.
5. Enhanced Presence: Concluding with meditation helps students leave the class feeling centered and present, carrying a sense of peace into their daily lives.

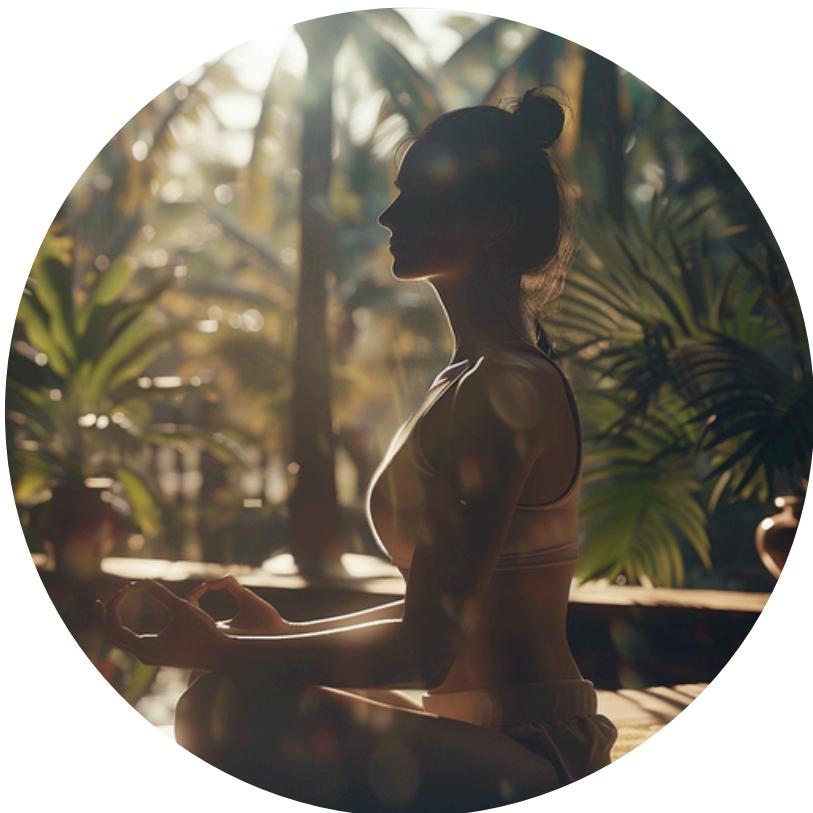
Ready-to-Use Scripts:

The meditation scripts included in this bundle are ready-to-use and can be read directly to your class. Each script has been carefully crafted to guide your students through a thoughtful and soothing meditation experience.

Introduction

These scripts are designed to help you provide your students with a peaceful and fulfilling end to their yoga practice, leaving them refreshed and balanced. Enjoy guiding your classes through these meditative journeys, and may they bring a deeper sense of calm and connection to all who experience them.

Namaste.



Body Scan (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation with a body scan, bringing relaxation and awareness to each part of our body.

[Crown of the Head]

Begin by bringing your awareness to the crown of your head. Imagine a gentle, warm light here. Let go of any worries or thoughts. Feel the light spreading a sense of calm and tranquility.

Pause for 10 seconds.

[Face and Jaw]

Move your attention to your forehead. Release any tension, smoothing out any lines. Allow your eyebrows to relax, your eyes to soften in their sockets. Notice if you're holding any tightness in your jaw. Let it go, parting your lips slightly if that feels comfortable.

Pause for 15 seconds.

[Neck and Shoulders]

Shift your focus to your neck. Breathe deeply, sending your breath into this area. On your exhale, release any stiffness or tension. Move down to your shoulders. Feel them melting away from your ears, becoming heavy and grounded.

Pause for 15 seconds.

Body Scan (10 Min)

[Arms and Fingers]

Bring awareness to your arms. Feel the energy flowing down from your shoulders to your upper arms, your elbows, your forearms, and finally to your hands and fingers. Notice any sensations in your hands. Allow them to completely relax, fingers gently curling inward.

Pause for 20 seconds.

[Chest and Heart]

Focus now on your chest. Notice the gentle rise and fall of your breath. Feel your heart, the center of your emotions. As you breathe in, imagine filling your heart with light and love. As you exhale, let go of any emotional burdens.

Pause for 20 seconds.

[Back and Lower Back]

Direct your attention to your back. Start with the upper back, feeling any knots or tightness dissolving with each breath. Move down to the middle back, then to your lower back. Breathe deeply, allowing your lower back to sink into the mat, releasing any tension.

Pause for 20 seconds.

[Hips]

Bring your awareness to your hips. This is an area where we often store tension and trauma. As you breathe in, send your breath to your hips. On the exhale, let go of any stored emotions or tightness. Feel your hips becoming heavier and more grounded.

Pause for 20 seconds.

Body Scan (10 Min)

[Thighs and Knees]

Move your focus to your thighs. Feel the energy flowing down from your hips to your upper thighs, then to your knees. Notice any sensations or discomfort. Breathe into these areas, allowing them to soften and relax.

Pause for 15 seconds.

[Lower Legs and Feet]

Shift your attention to your lower legs. Feel the energy moving down from your knees to your calves, your ankles, and finally to your feet. Notice any sensations in your feet. Allow them to fully relax, feeling the weight of your legs sinking into the mat.

Pause for 15 seconds.

[Toes]

Lastly, bring your awareness to your toes. Wiggle them slightly and then let them rest. Imagine the gentle, warm light flowing all the way down to your toes, filling them with relaxation.

Pause for 10 seconds.

[Full Body Awareness]

Now, take a moment to bring your awareness to your entire body. Feel the gentle warmth and relaxation flowing from the crown of your head to your toes. Notice how your body feels, fully relaxed and at peace.

Pause for 30 seconds.

Body Scan (10 Min)

[Conclusion]

As we come to the end of our meditation, take a few deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of peace and relaxation with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Visualization of Oneness (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation with a visualization that will help us become one with the world.

[Starting with the Self]

Begin by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. Feel your body relaxing with each breath.

Pause for 15 seconds.

Now, imagine a soft, glowing bubble surrounding your body. This bubble begins right at your skin, encompassing your entire body. It is warm, comforting, and safe.

Pause for 20 seconds.

[Expanding Beyond the Body]

As you breathe in, feel the bubble expanding slightly, giving you more space. With each exhale, let it grow a bit further. Imagine this bubble filled with your energy, your essence, and your love.

Pause for 20 seconds.

Visualize this bubble growing larger, now extending a few inches beyond your body. It continues to expand gently with each breath, creating a sphere of calm and tranquility around you.

Visualization of Oneness (10 Min)

[Connecting with the Room]

As the bubble expands, it begins to encompass the room you are in. Feel the connection between your energy and the space around you. Every corner of the room becomes part of your bubble, filled with your love and presence.

Pause for 30 seconds.

[Reaching Loved Ones]

With each breath, imagine your bubble growing even larger, extending beyond the walls of this room. Picture it reaching out to the people you love, your family, and friends. Feel the warmth of your love and energy touching them, wherever they are.

Pause for 30 seconds.

[Encompassing the Community]

Allow the bubble to continue expanding, now encompassing your entire community. Visualize it spreading over your neighborhood, your city, reaching every person, every home, sharing your love and light.

Pause for 30 seconds.

[Embracing the Earth]

Imagine the bubble growing even larger, expanding to cover your entire country, and then the whole continent. Feel the connection with all the living beings, the plants, animals, and people.

Pause for 30 seconds.

Visualization of Oneness (10 Min)

Let the bubble continue to grow until it covers the entire Earth. Envision the Earth inside your bubble, surrounded by your love and energy. Feel the deep connection you have with all life on this planet.

Pause for 1 minute.

[Radiating Love and Receiving Energy]

As you breathe in, draw energy from the Earth into your bubble. Feel this energy nourishing and revitalizing you. With each exhale, radiate your love and light back out into the world.

Pause for 1 minute.

Sense the continuous exchange of energy between you and the Earth. Feel the harmony, the balance, and the oneness with all that exists.

Pause for 1 minute.

[Gradual Reconnection]

Now, slowly begin to draw your bubble back in, bringing the energy and love you've gathered with you. Imagine it gently shrinking, covering your continent, your country, your community, and finally returning to the room.

Pause for 1 minute.

Let the bubble become small again, encompassing just your body, right at your skin. Feel the warmth and energy within you, knowing that you are always connected to the world around you.

Pause for 30 seconds.

Visualization of Oneness (10 Min)

[Full Body Awareness]

Take a moment to bring your awareness back to your body. Feel the gentle rise and fall of your breath. Notice how relaxed and at peace you feel, knowing you are one with the world.

Pause for 30 seconds.

[Conclusion]

As we come to the end of our meditation, take a few deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of oneness and connection with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Self-Love and Acceptance (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation focusing on self-love and self-acceptance.

[Beginning with Breath]

Start by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed, more at ease.

Pause for 20 seconds.

[Grounding in the Present]

As you continue to breathe, allow your body to sink into the mat. Feel the gentle support of the earth beneath you. Know that in this moment, you are safe, you are held, and you are perfect just as you are.

Pause for 20 seconds.

[Body Awareness]

Shift your focus to your body. Feel the weight of your body on the mat. Appreciate your body for all it has done for you, for carrying you through life, for keeping you alive. Every part of your body, every imperfection, is perfect and enough.

Pause for 30 seconds.

Self-Love and Acceptance (10 Min)

[Head and Mind]

Bring your awareness to your head. Feel the space around your head, your scalp, your forehead. Your mind, though sometimes harsh, is always trying to protect you. Thank your mind for its efforts, and allow it to relax now. Let go of any negative thoughts or doubts.

Pause for 30 seconds.

[Heart and Emotions]

Focus now on your heart. Feel the gentle beating within your chest. Your heart is the center of your emotions, the source of your love. As you breathe in, fill your heart with love and acceptance. As you exhale, release any self-judgment or criticism.

Pause for 30 seconds.

[Body Appreciation]

Move your awareness to your entire body again. Recognize that your body, with all its imperfections, is perfect. It has done everything in its power to provide for you, to keep you alive. Embrace your body with gratitude and love.

Pause for 1 minute.

[Mind and Self-Compassion]

Turn your focus back to your mind. Understand that every thought, every feeling, comes from a place of wanting to protect you, even when it hurts. Offer compassion to yourself. Forgive yourself for any harsh judgments.

Pause for 1 minute.

Self-Love and Acceptance (10 Min)

[Embracing Perfection in Imperfection]

In this moment, realize that you are perfect with every imperfection you have. You are enough just the way you are. Embrace this truth deeply. Feel it in your body, in your heart, and in your mind.

Pause for 1 minute.

[Deep Self-Love]

Now, let's take a moment to bask in the feeling of self-love. Imagine a warm, golden light spreading from your heart, filling your entire body. This light represents your love for yourself. Allow it to wash away any remaining doubts or negativity.

Pause for 1 minute.

[Affirmation of Self-Worth]

Silently repeat to yourself: "I am perfect just as I am. I am enough. I am worthy of love and acceptance." Feel the truth of these words resonating within you.

Pause for 1 minute.

[Full Body Relaxation]

Take a deep breath in, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the peace and love within you.

Pause for 1 minute.

Self-Love and Acceptance (10 Min)

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of self-love and acceptance with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Trusting Your Intuition (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation focusing on trusting your intuition and learning to listen to it.

[Starting with Breath]

Begin by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed, more at ease.

Pause for 20 seconds.

[Grounding in the Present]

As you continue to breathe, allow your body to sink into the mat. Feel the gentle support of the earth beneath you. Know that in this moment, you are safe, you are held.

Pause for 20 seconds.

[Body Awareness]

Shift your focus to your body. Feel the weight of your body on the mat. Notice any areas of tension and breathe into them, allowing them to release.

Pause for 20 seconds.

[Mind Awareness]

Now, bring your attention to your mind. Notice the thoughts passing through. Observe them without judgment.

Trusting Your Intuition (10 Min)

Imagine these thoughts as clouds drifting across the sky, coming and going.

Pause for 30 seconds.

[Distinguishing Voices]

Understand that not all voices in your head are your true intuition. Some are echoes of societal expectations, others are fears or doubts we've adopted over time. Let's gently set these aside for now.

Pause for 30 seconds.

[Connecting with Intuition]

Begin to focus on a deeper part of yourself, the part that feels a sense of knowing, the part that guides you with a calm and steady voice. This is your intuition. It's always there, waiting for you to listen.

Pause for 30 seconds.

[Trusting Your Inner Voice]

As you breathe, imagine this inner voice becoming clearer. It's not loud or forceful, but gentle and certain. It's the feeling you get when something feels right or wrong for you. Trust this feeling. It is your true guide.

Pause for 1 minute.

[Recognizing Innate Knowledge]

Reflect on moments in your life when you listened to this inner voice and things turned out well. Recognize that this is your native knowledge about what makes you happy, what fulfills you. Trust in its wisdom.

Pause for 1 minute.

Trusting Your Intuition (10 Min)

[Letting Go of Doubt]

Now, let go of any doubt or hesitation. Feel the courage to follow your intuition growing within you. Know that you have the strength to listen to and trust this inner guidance.

Pause for 1 minute.

[Embracing Your Path]

Visualize yourself moving forward in life, guided by your intuition. See yourself making choices that align with your true self, feeling happy and fulfilled. Embrace this vision.

Pause for 1 minute.

[Affirmation of Trust]

Silently repeat to yourself: "I trust my intuition. I am guided by my inner wisdom. I have the courage to follow my true path." Feel the truth of these words resonating within you.

Pause for 1 minute.

[Full Body Relaxation]

Take a deep breath in, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the peace and trust within you.

Pause for 1 minute.

Trusting Your Intuition (10 Min)

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of trust in your intuition and inner guidance with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Cleansing and Restorative Meditation (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation focusing on cleansing and restoration, using the imagery of water and the ocean.

[Beginning with Breath]

Start by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed, more at ease.

Pause for 20 seconds.

[Grounding in the Present]

As you continue to breathe, allow your body to sink into the mat. Feel the gentle support of the earth beneath you. Know that in this moment, you are safe, you are held.

Pause for 20 seconds.

[Body Awareness]

Shift your focus to your body. Feel the weight of your body on the mat. Notice any areas of tension and breathe into them, allowing them to release.

Pause for 20 seconds.

[Imagining the Ocean]

Now, begin to imagine yourself standing on a serene beach.

Cleansing and Restorative Meditation (10 Min)

The sun is warm, the breeze is gentle, and you can hear the soothing sound of the waves. Feel the sand beneath your feet, grounding you.

Pause for 30 seconds.

[Waves of Relaxation]

As you stand on the beach, imagine the gentle waves of the ocean coming in and washing over your feet. With each wave, feel a sense of relaxation and calm spreading up from your feet, through your legs, and into your entire body.

Pause for 30 seconds.

[Cleansing Waters]

Visualize these waves carrying away any stress, tension, or negative energy. Each wave that comes in cleanses you, taking away anything you no longer need, leaving you feeling refreshed and renewed.

Pause for 1 minute.

[Immersing in Healing Waters]

Now imagine yourself stepping into the water. It's warm and inviting. As you wade deeper into the ocean, feel the water enveloping you, cleansing and healing every part of your body.

Pause for 1 minute.

[Floating in Peace]

Picture yourself floating on the surface of the ocean, supported by the water. Feel the gentle rocking of the waves, soothing and calming you.

Cleansing and Restorative Meditation (10 Min)

With each breath, let go of any remaining tension, allowing the water to wash it all away.

Pause for 1 minute.

[Restorative Energy]

As you float, feel the restorative energy of the ocean flowing into you. Imagine this energy as a bright, healing light, filling you with vitality and strength. Every cell in your body is being rejuvenated.

Pause for 1 minute.

[Connection with the Ocean]

Feel a deep connection with the ocean, with the water that sustains all life. Know that you are a part of this vast, beautiful system. Allow yourself to be nourished and supported by this connection.

Pause for 1 minute.

[Returning to the Shore]

Now, slowly begin to imagine yourself returning to the shore. As you wade out of the water, feel the sense of renewal and clarity that the ocean has given you. Step onto the beach, feeling grounded and refreshed.

Pause for 1 minute.

[Full Body Relaxation]

Take a moment to lie back down on your mat, feeling the solid earth beneath you once more. Bring your awareness back to your body, feeling a deep sense of relaxation and peace.

Cleansing and Restorative Meditation (10 Min)

Pause for 1 minute.

[Gratitude for the Cleansing]

Reflect on the cleansing and restorative journey you've just experienced. Feel grateful for the sense of renewal and calm within you. Know that you can return to this place of peace and healing whenever you need it.

Pause for 1 minute.

[Full Body Awareness]

Take a few deep breaths, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the sense of cleanliness, renewal, and calm that now fills your entire being.

Pause for 1 minute.

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of cleansing, restoration, and peace with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Cleansing and Restorative Meditation (10 Min)

Pause for 1 minute.

[Gratitude for the Cleansing]

Reflect on the cleansing and restorative journey you've just experienced. Feel grateful for the sense of renewal and calm within you. Know that you can return to this place of peace and healing whenever you need it.

Pause for 1 minute.

[Full Body Awareness]

Take a few deep breaths, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the sense of cleanliness, renewal, and calm that now fills your entire being.

Pause for 1 minute.

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of cleansing, restoration, and peace with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Gratitude (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation focusing on gratitude for both the small and big things in life, as well as the present moment.

[Beginning with Breath]

Start by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed, more at ease.

Pause for 20 seconds.

[Grounding in the Present]

As you continue to breathe, allow your body to sink into the mat. Feel the gentle support of the earth beneath you. Know that in this moment, you are safe, you are held.

Pause for 20 seconds.

[Body Awareness]

Shift your focus to your body. Feel the weight of your body on the mat. Notice any areas of tension and breathe into them, allowing them to release.

Pause for 20 seconds.

[Gratitude for the Body]

Bring your awareness to your body and all it does for you. Feel gratitude for your feet that carry you, your hands that touch and create, your heart that beats, your lungs that breathe.

Gratitude (10 Min)

Appreciate your body for all it has done and continues to do.

Pause for 1 minute.

[Gratitude for the Senses]

Move your awareness to your senses. Feel gratitude for the ability to see the beauty around you, to hear music and laughter, to taste delicious food, to smell the flowers and the rain, and to touch and feel the world. Appreciate these senses that bring richness to your life.

Pause for 1 minute.

[Gratitude for the Mind]

Now, bring your attention to your mind. Feel gratitude for your thoughts, your ability to learn and grow, your creativity and imagination. Appreciate your mind for its capacity to navigate through life and solve problems, even when it seems harsh or critical.

Pause for 1 minute.

[Gratitude for Loved Ones]

Think of the people in your life who bring you joy and support. Feel gratitude for your family, your friends, your community. Appreciate the love, kindness, and connection you share with others.

Pause for 1 minute.

[Gratitude for Challenges]

Reflect on the challenges you've faced and overcome. Feel gratitude for these experiences, as they have helped you grow and become stronger.

Gratitude (10 Min)

Appreciate the lessons learned and the resilience gained.

Pause for 1 minute.

[Gratitude for Nature]

Imagine the natural world around you. Feel gratitude for the sun that warms you, the trees that give you air to breathe, the water that nourishes you, and the earth that supports you. Appreciate the beauty and abundance of nature.

Pause for 1 minute.

[Gratitude for the Present Moment]

Now, focus on this very moment. Feel gratitude for the opportunity to be here, to be alive, to breathe and to experience. Appreciate the peace and stillness of this present moment.

Pause for 1 minute.

[Full Body Relaxation]

Take a deep breath in, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the feeling of gratitude that now fills your entire being.

Pause for 1 minute.

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position.

Gratitude (10 Min)

Carry this sense of gratitude with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Chakra Balancing (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation focusing on balancing the chakras.

[Beginning with Breath]

Start by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed, more at ease.

Pause for 20 seconds.

[Grounding in the Present]

As you continue to breathe, allow your body to sink into the mat. Feel the gentle support of the earth beneath you. Know that in this moment, you are safe, you are held.

Pause for 20 seconds.

[Root Chakra (Muladhara)]

Bring your awareness to the base of your spine, to your Root Chakra. Imagine a vibrant red light glowing at your root, connecting you to the earth. Feel the energy of stability and security grounding you.

Pause for 1 minute.

[Sacral Chakra (Svadhisthana)]

Move your focus to your lower abdomen, to your Sacral Chakra. Visualize a bright orange light glowing here.

Chakra Balancing (10 Min)

Feel the energy of creativity and passion flowing through you, balancing this center.

Pause for 1 minute.

[Solar Plexus Chakra (Manipura)]

Shift your awareness to your upper abdomen, to your Solar Plexus Chakra. Imagine a radiant yellow light shining from this area. Feel the energy of confidence and power, empowering and balancing you.

Pause for 1 minute.

[Heart Chakra (Anahata)]

Bring your attention to the center of your chest, to your Heart Chakra. Visualize a vibrant green light glowing here. Feel the energy of love and compassion filling and balancing this center.

Pause for 1 minute.

[Throat Chakra (Vishuddha)]

Move your focus to your throat, to your Throat Chakra. Imagine a bright blue light shining from this area. Feel the energy of communication and truth, balancing and clearing this center.

Pause for 1 minute.

[Third Eye Chakra (Ajna)]

Shift your awareness to the space between your eyebrows, to your Third Eye Chakra. Visualize an indigo light glowing here. Feel the energy of intuition and insight, opening and balancing this center.

Chakra Balancing (10 Min)

Pause for 1 minute.

[Crown Chakra (Sahasrara)]

Bring your attention to the top of your head, to your Crown Chakra. Imagine a violet or white light shining from this area. Feel the energy of connection and spiritual awareness, balancing and harmonizing this center.

Pause for 1 minute.

[Full Body Integration]

Now, imagine all these lights shining brightly in unison, aligning your chakras from the base of your spine to the top of your head. Feel a sense of balance, harmony, and alignment throughout your entire being.

Pause for 1 minute.

[Full Body Relaxation]

Take a deep breath in, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the feeling of balance and harmony that now fills your entire being.

Pause for 1 minute.

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of chakra balance and harmony with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Mindfulness (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation focusing on mindfulness—being aware of our boundaries, our limits, our thoughts, our emotions, the people around us, and life around us.

[Beginning with Breath]

Start by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed, more at ease.

Pause for 20 seconds.

[Grounding in the Present]

As you continue to breathe, allow your body to sink into the mat. Feel the gentle support of the earth beneath you. Know that in this moment, you are safe, you are held.

Pause for 20 seconds.

[Body Awareness]

Shift your focus to your body. Feel the weight of your body on the mat. Notice any areas of tension and breathe into them, allowing them to release. Become aware of your physical boundaries, sensing where your body ends and the space around you begins.

Pause for 30 seconds.

Mindfulness (10 Min)

[Mindful Boundaries]

Bring your awareness to your personal boundaries. Reflect on your limits, understanding that it's healthy to honor them. Feel the strength that comes from respecting your own space and needs.

Pause for 1 minute.

[Thought Awareness]

Now, shift your focus to your thoughts. Observe them as they come and go, without judgment. Notice the nature of your thoughts—whether they are busy or calm, positive or negative. Simply observe them, recognizing that you are not your thoughts.

Pause for 1 minute.

[Emotional Awareness]

Move your awareness to your emotions. Identify any feelings present in this moment. Acknowledge them without trying to change them. Understand that all emotions are valid and part of your human experience.

Pause for 1 minute.

[Awareness of People Around Us]

Bring your awareness to the people in your life. Think of your relationships, both close and distant. Reflect on the connections you share, feeling gratitude for the support and love you receive. Acknowledge the importance of setting healthy boundaries with others.

Pause for 1 minute.

Mindfulness (10 Min)

[Awareness of Life Around Us]

Expand your awareness to include the life around you. Visualize the environment you live in, the natural world, and the larger community. Feel a sense of connection to the world and appreciate the beauty and complexity of life around you.

Pause for 1 minute.

[Mindful Presence]

Now, focus on the present moment. Feel the simplicity and peace of just being here, right now. Embrace the stillness and quiet of this moment, allowing yourself to fully immerse in the now.

Pause for 1 minute.

[Gratitude for Mindfulness]

Take a moment to feel gratitude for this practice of mindfulness. Appreciate your ability to observe and understand your inner and outer world. Recognize the calm and clarity that mindfulness brings into your life.

Pause for 1 minute.

[Full Body Relaxation]

Take a deep breath in, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the sense of mindfulness and presence that now fills your entire being.

Pause for 1 minute.

Mindfulness (10 Min)

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of mindfulness and presence with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Prosperity and Abundance (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation focusing on prosperity and abundance, erasing any false beliefs of a lacking mindset.

[Beginning with Breath]

Start by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed, more at ease.

Pause for 20 seconds.

[Grounding in the Present]

As you continue to breathe, allow your body to sink into the mat. Feel the gentle support of the earth beneath you. Know that in this moment, you are safe, you are held.

Pause for 20 seconds.

[Body Awareness]

Shift your focus to your body. Feel the weight of your body on the mat. Notice any areas of tension and breathe into them, allowing them to release.

Pause for 30 seconds.

[Releasing the Mindset of Lack]

Bring your awareness to any thoughts of lack or scarcity that might be lingering in your mind.

Prosperity and Abundance (10 Min)

Imagine these thoughts as clouds, drifting away with each breath. Release any belief that you are not enough or that you do not have enough. Let them go completely.

Pause for 1 minute.

[Embracing Abundance]

Now, shift your focus to abundance. Visualize a golden light surrounding you, filling you with warmth and positivity. This light represents the abundance and prosperity that are available to you. Feel this light entering your body, filling every cell with the energy of abundance.

Pause for 1 minute.

[Prosperity in All Forms]

Imagine the different forms of prosperity in your life—health, love, happiness, financial wealth, opportunities. Visualize these aspects flourishing and growing. Feel gratitude for all the abundance you currently have and all that is coming your way.

Pause for 1 minute.

[Affirmation of Abundance]

Silently repeat to yourself: “I am abundant. I am prosperous. I attract wealth and positivity into my life.” Feel the truth of these affirmations resonating within you, strengthening your belief in your own abundance.

Pause for 1 minute.

Prosperity and Abundance (10 Min)

[Visualization of Goals]

Now, visualize your goals and dreams as if they are already realized. See yourself living your ideal life, surrounded by prosperity and abundance. Feel the joy and satisfaction of having achieved your dreams.

Pause for 1 minute.

[Connection to Universal Abundance]

Bring your awareness to the connection you have with the universe. Understand that abundance flows freely and infinitely, and you are a part of this flow. Feel yourself opening up to receive the blessings of the universe.

Pause for 1 minute.

[Gratitude for Abundance]

Take a moment to feel gratitude for the abundance in your life. Appreciate the small and big things, the people, the opportunities, and the experiences that contribute to your prosperity. Let this gratitude fill your heart.

Pause for 1 minute.

[Full Body Relaxation]

Take a deep breath in, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the sense of abundance and prosperity that now fills your entire being.

Pause for 1 minute.

Prosperity and Abundance (10 Min)

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body. When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of prosperity and abundance with you as you continue your day.

Thank you for sharing this practice with me. Namaste.

Coming Home To Ourselves (10 Min)

[Introduction]

Welcome to this final relaxation of our yoga session. As you lay down in Savasana, find a comfortable position. Allow your body to rest fully on the mat, feeling supported and at ease. Close your eyes, and let's begin our guided meditation focusing on coming home to ourselves and finding genuine inner peace.

[Beginning with Breath]

Start by bringing your awareness to your breath. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed, more at ease.

Pause for 20 seconds.

[Grounding in the Present]

As you continue to breathe, allow your body to sink into the mat. Feel the gentle support of the earth beneath you. Know that in this moment, you are safe, you are held.

Pause for 20 seconds.

[Body Awareness]

Shift your focus to your body. Feel the weight of your body on the mat. Notice any areas of tension and breathe into them, allowing them to release.

Pause for 30 seconds.

[Coming Home to Yourself]

Bring your awareness to your inner self, your true home. Visualize yourself entering a space within your mind and body where you feel completely at peace, safe, and secure.

Coming Home To Ourselves (10 Min)

This is your sanctuary, a place where you can always return to.

Pause for 1 minute.

[Trusting Yourself]

Focus on the feeling of trust. Trust in your abilities, your decisions, and your inner wisdom. Remind yourself that you are capable and strong. Feel the confidence that comes from knowing you can rely on yourself.

Pause for 1 minute.

[Being There for Yourself]

Reflect on the importance of being present for yourself. Imagine comforting and supporting yourself as you would a dear friend. Know that you can be your own protector and guide, especially when others may not have been there for you.

Pause for 1 minute.

[Inner Peace]

Visualize a warm, calming light spreading throughout your body. This light represents inner peace and tranquility. Let it fill every part of you, dissolving any remaining tension or worry. Feel the deep sense of calm and peace within.

Pause for 1 minute.

[Self-Protection]

Acknowledge that it is okay to protect yourself. Imagine setting healthy boundaries that keep you safe and respected.

Coming Home To Ourselves (10 Min)

Feel the strength and security that come from honoring and valuing yourself.

Pause for 1 minute.

[Always There for Yourself]

Understand that you are always there for yourself, no matter what. You have the power to nurture, protect, and love yourself unconditionally. Feel the deep connection to your inner self, knowing that you can always come home to this place of peace.

Pause for 1 minute.

[Affirmation of Self-Trust]

Silently repeat to yourself: "I trust myself. I am always here for myself. I am my own protector and guide." Feel the truth of these affirmations resonating within you, strengthening your sense of self-reliance and peace.

Pause for 1 minute.

[Full Body Relaxation]

Take a deep breath in, and as you exhale, let go completely. Feel a wave of relaxation flowing from the top of your head to the tips of your toes. Embrace the feeling of inner peace and self-trust that now fills your entire being.

Pause for 1 minute.

[Conclusion]

As we come to the end of our meditation, take a few more deep breaths. Gently begin to wiggle your fingers and toes, bringing movement back into your body.

Coming Home To Ourselves (10 Min)

When you're ready, roll to your right side and slowly come up to a seated position. Carry this sense of inner peace and self-trust with you as you continue your day.

Thank you for sharing this practice with me. Namaste.