Deze volgende oefening komt welverdiend. Buig de knieën richting de buik en sla je armen om je knieen heen. adem diep in. en vervolgens op een diepe uitademing, krul het voorhoofd naar de knieën toe.  
 Geef het hele lichaam een grote knuffel van dankbaarheid.  
 Dank je wel, lichaam.  
Adem in.  
 En dan, uitademend laat jezelf los en ga je liggen. Maak je klaar voor de eindontspanning op de rug.  
 Open de benen, spreid de armen een beetje wijd.  
 We nemen deze laatste paar minuten om diep weg te glijden in stilte. een belangrijk onderdeel van de les.  
 [pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

Iedereen, heel rustig en zachtjes:  
 begin je bewustzijn terug te voelen komen in het lichaam.  
 Daar, gedragen en ondersteund door de grond.

Dus officieel zeggen we nu dat deze les officieel is afgerond.  
 Blijf opkomen, blijf flexibel. blijf Foxing Fit  
 En dank je wel voor je beoefening.