

WEBVTT

NOTE duration:"00:15:25.3760000"

NOTE language:en-us

NOTE Confidence: 0.87074023

00:00:00.000 --> 00:00:01.044 Good morning everybody.

NOTE Confidence: 0.87074023

00:00:01.044 --> 00:00:03.480 Again, thank you so much for joining.

NOTE Confidence: 0.87074023

00:00:03.480 --> 00:00:04.428 It's Monday morning.

NOTE Confidence: 0.87074023

00:00:04.428 --> 00:00:07.260 I hope you all had a good weekend.

NOTE Confidence: 0.87074023

00:00:07.260 --> 00:00:09.156 I'm Michelle Grand license massage therapist

NOTE Confidence: 0.87074023

00:00:09.156 --> 00:00:11.740 and I work at Smilow Cancer Hospital,

NOTE Confidence: 0.87074023

00:00:11.740 --> 00:00:14.106 but it's my honor and privilege to

NOTE Confidence: 0.87074023

00:00:14.106 --> 00:00:17.146 be able to have this time with you

NOTE Confidence: 0.87074023

00:00:17.146 --> 00:00:20.145 today working on some little bit of

NOTE Confidence: 0.87074023

00:00:20.145 --> 00:00:22.560 Breathwork and some guided meditation.

NOTE Confidence: 0.87074023

00:00:22.560 --> 00:00:24.560 Our meditation today is going

NOTE Confidence: 0.87074023

00:00:24.560 --> 00:00:26.560 to be about visualizing your

NOTE Confidence: 0.87074023

00:00:26.636 --> 00:00:28.640 peaceful and beautiful place.

NOTE Confidence: 0.87074023

00:00:28.640 --> 00:00:30.500 But as we open up today,

NOTE Confidence: 0.87074023

00:00:30.500 --> 00:00:33.836 we're just gonna be in a comfortable position

NOTE Confidence: 0.87074023

00:00:33.836 --> 00:00:36.618 either sitting in a chair or on the floor.

NOTE Confidence: 0.87074023

00:00:36.620 --> 00:00:40.706 And we're going to leave in through our nose.

NOTE Confidence: 0.87074023

00:00:40.710 --> 00:00:42.000 And as you do it,

NOTE Confidence: 0.87074023

00:00:42.000 --> 00:00:44.166 we're going to count to 5.

NOTE Confidence: 0.87074023

00:00:44.170 --> 00:00:45.810 And we're going to XL.

NOTE Confidence: 0.87074023

00:00:45.810 --> 00:00:47.450 Exhale through the nose again,

NOTE Confidence: 0.87074023

00:00:47.450 --> 00:00:49.418 counting to five as we exhale,

NOTE Confidence: 0.87074023

00:00:49.420 --> 00:00:51.751 and we're just going to repeat this

NOTE Confidence: 0.87074023

00:00:51.751 --> 00:00:53.680 several times with the breath in.

NOTE Confidence: 0.8306928

00:00:56.910 --> 00:00:58.926 Add a breath out through the nose.

NOTE Confidence: 0.6872681

00:01:03.110 --> 00:01:04.695 Hannagan breath in through

NOTE Confidence: 0.6872681

00:01:04.695 --> 00:01:06.670 the nose counting to 5.

NOTE Confidence: 0.839473

00:01:09.960 --> 00:01:12.970 Anna breath out through the nose

NOTE Confidence: 0.839473

00:01:12.970 --> 00:01:15.802 again counting to 5. Just continue

NOTE Confidence: 0.839473

00:01:15.802 --> 00:01:17.938 this for a few more breaths.
NOTE Confidence: 0.8595571

00:01:37.990 --> 00:01:40.734 And now we're gonna try to elongate back,
NOTE Confidence: 0.8595571

00:01:40.740 --> 00:01:42.696 breath in and breath out to
NOTE Confidence: 0.8595571

00:01:42.696 --> 00:01:44.869 account of six or even seven.
NOTE Confidence: 0.8595571

00:01:44.870 --> 00:01:46.590 If you could manage that.
NOTE Confidence: 0.8595571

00:01:46.590 --> 00:01:48.618 So we're going to continue to
NOTE Confidence: 0.8595571

00:01:48.618 --> 00:01:50.370 breath in through your nose.
NOTE Confidence: 0.8595571

00:01:50.370 --> 00:01:54.160 And if you could extend it to 6 or 7 pounds.
NOTE Confidence: 0.86250484

00:01:57.740 --> 00:02:00.120 And Exhale through the nose for the
NOTE Confidence: 0.86250484

00:02:00.120 --> 00:02:02.160 same, either six or seven counts.
NOTE Confidence: 0.84811956

00:02:06.170 --> 00:02:08.000 And we're just going to continue
NOTE Confidence: 0.84811956

00:02:08.000 --> 00:02:09.216 that for several breaths.
NOTE Confidence: 0.8402464

00:02:38.530 --> 00:02:40.380 And now with the next breath,
NOTE Confidence: 0.8402464

00:02:40.380 --> 00:02:41.672 try to elongate that,
NOTE Confidence: 0.8402464

00:02:41.672 --> 00:02:44.378 inhale and Exhale for as long as you can.
NOTE Confidence: 0.8402464

00:02:44.380 --> 00:02:46.824 If you can't get past seven, that's fine.

NOTE Confidence: 0.8402464
00:02:46.824 --> 00:02:49.929 If you can get to 8 or 9 even 10,
NOTE Confidence: 0.8402464
00:02:49.930 --> 00:02:50.484 that's excellent,
NOTE Confidence: 0.8402464
00:02:50.484 --> 00:02:51.869 but don't push beyond what
NOTE Confidence: 0.8402464
00:02:51.869 --> 00:02:53.310 you feel you're comfortable,
NOTE Confidence: 0.8402464
00:02:53.310 --> 00:02:54.538 so we're going again.
NOTE Confidence: 0.8402464
00:02:54.538 --> 00:02:57.009 Inhale through the nose and just hold that.
NOTE Confidence: 0.8402464
00:02:57.010 --> 00:02:58.550 As long as you can.
NOTE Confidence: 0.8402464
00:02:58.550 --> 00:03:01.006 For as many breasted accounts as you can,
NOTE Confidence: 0.8402464
00:03:01.010 --> 00:03:03.498 and then we're going to again exhale through
NOTE Confidence: 0.8402464
00:03:03.498 --> 00:03:05.937 the nose for the same amount of counts,
NOTE Confidence: 0.8402464
00:03:05.940 --> 00:03:06.870 so will begin.
NOTE Confidence: 0.45070714
00:03:13.520 --> 00:03:14.970 And Exhale.
NOTE Confidence: 0.8491698
00:03:19.110 --> 00:03:20.985 Now will just continue that
NOTE Confidence: 0.8491698
00:03:20.985 --> 00:03:22.485 for several more breaths.
NOTE Confidence: 0.8213659
00:03:41.980 --> 00:03:43.485 Would you two more breaths
NOTE Confidence: 0.8213659

00:03:43.485 --> 00:03:45.360 in and out through the nose?
NOTE Confidence: 0.90934867

00:03:58.890 --> 00:04:00.300 And one more.
NOTE Confidence: 0.746044

00:04:07.030 --> 00:04:08.308 Through the nose.
NOTE Confidence: 0.871443

00:04:11.230 --> 00:04:13.280 Excellent, just continue the relaxed
NOTE Confidence: 0.871443

00:04:13.280 --> 00:04:15.650 position that you're in right now,
NOTE Confidence: 0.871443

00:04:15.650 --> 00:04:18.056 and if your eyes are open,
NOTE Confidence: 0.871443

00:04:18.060 --> 00:04:20.070 just gently close your eyes.
NOTE Confidence: 0.871443

00:04:20.070 --> 00:04:22.080 I'm going to continue deep
NOTE Confidence: 0.871443

00:04:22.080 --> 00:04:24.090 breath now into her abdomen.
NOTE Confidence: 0.871443

00:04:24.090 --> 00:04:26.904 Those deep abdominal breaths in and out.
NOTE Confidence: 0.8747741

00:04:29.260 --> 00:04:32.532 Feel yourself in your body right now in
NOTE Confidence: 0.8747741

00:04:32.532 --> 00:04:35.577 the moment and as you breathe, allow
NOTE Confidence: 0.8747741

00:04:35.577 --> 00:04:39.686 your body to completely and fully relax.
NOTE Confidence: 0.8747741

00:04:39.690 --> 00:04:41.925 Feel the stress flowing out
NOTE Confidence: 0.8747741

00:04:41.925 --> 00:04:44.160 of you with each breath.
NOTE Confidence: 0.8747741

00:04:44.160 --> 00:04:49.438 Bill your body becoming limp and comfortable.

NOTE Confidence: 0.8747741

00:04:49.440 --> 00:04:53.479 Let the tension in your brow go.

NOTE Confidence: 0.8747741

00:04:53.480 --> 00:04:57.680 Let the tension in your lips go.

NOTE Confidence: 0.8747741

00:04:57.680 --> 00:05:01.159 Let the tension in your eyes go.

NOTE Confidence: 0.8747741

00:05:01.160 --> 00:05:03.260 Just relax in the comfortable

NOTE Confidence: 0.8747741

00:05:03.260 --> 00:05:04.940 darkness that surrounds you.

NOTE Confidence: 0.8970727

00:05:07.900 --> 00:05:10.582 Once you feel completely relaxed and

NOTE Confidence: 0.8970727

00:05:10.582 --> 00:05:14.159 centered, start to bring yourself to one of

NOTE Confidence: 0.8970727

00:05:14.159 --> 00:05:16.582 your favorite peaceful, beautiful places.

NOTE Confidence: 0.8970727

00:05:16.582 --> 00:05:20.910 This could be a place you been before,

NOTE Confidence: 0.8970727

00:05:20.910 --> 00:05:24.403 like a silent Redwood Grove with cool

NOTE Confidence: 0.8970727

00:05:24.403 --> 00:05:27.240 shade and towering ancient trees.

NOTE Confidence: 0.8970727

00:05:27.240 --> 00:05:30.215 That protects you in their mammoth embrace.

NOTE Confidence: 0.8816602

00:05:32.720 --> 00:05:34.736 Or white sand beach,

NOTE Confidence: 0.8816602

00:05:34.736 --> 00:05:36.752 where the ocean waves

NOTE Confidence: 0.8816602

00:05:36.752 --> 00:05:38.999 gently lapping at the shore.

NOTE Confidence: 0.8816602

00:05:39.000 --> 00:05:40.728 And the smell of the sea
NOTE Confidence: 0.8816602

00:05:40.728 --> 00:05:42.300 makes you feel at home.
NOTE Confidence: 0.9185772

00:05:45.200 --> 00:05:48.200 It could be a place built
NOTE Confidence: 0.9185772

00:05:48.200 --> 00:05:50.200 entirely in your imagination.
NOTE Confidence: 0.9185772

00:05:50.200 --> 00:05:52.508 A lovely, slowly swaying
NOTE Confidence: 0.9185772

00:05:52.508 --> 00:05:55.393 bridge that you stand on.
NOTE Confidence: 0.9185772

00:05:55.400 --> 00:05:58.124 Watching a babbling Brook
NOTE Confidence: 0.9185772

00:05:58.124 --> 00:06:00.848 flow away beneath it.
NOTE Confidence: 0.9185772

00:06:00.850 --> 00:06:03.846 Or an ancient Oak in the autumn.
NOTE Confidence: 0.9185772

00:06:03.850 --> 00:06:08.260 Something out of an old legend.
NOTE Confidence: 0.9185772

00:06:08.260 --> 00:06:11.190 Or Golden leaves that fall around
NOTE Confidence: 0.9185772

00:06:11.190 --> 00:06:15.227 you as you sit under the shade an
NOTE Confidence: 0.9185772

00:06:15.227 --> 00:06:18.143 watch the Golden Orange Sun pass
NOTE Confidence: 0.9185772

00:06:18.143 --> 00:06:21.259 over the horizon into Twilight.
NOTE Confidence: 0.9185772

00:06:21.260 --> 00:06:23.680 Why would a special peaceful
NOTE Confidence: 0.9185772

00:06:23.680 --> 00:06:26.621 places for you take some time

NOTE Confidence: 0.9185772
00:06:26.621 --> 00:06:28.766 to imagine it as completely
NOTE Confidence: 0.9185772
00:06:28.766 --> 00:06:31.579 as you can all around you?
NOTE Confidence: 0.9222108
00:06:37.190 --> 00:06:40.974 Once you have your special place in mind,
NOTE Confidence: 0.9222108
00:06:40.980 --> 00:06:43.565 bring yourself into this picture
NOTE Confidence: 0.9222108
00:06:43.565 --> 00:06:46.852 and imagine that you're in this
NOTE Confidence: 0.9222108
00:06:46.852 --> 00:06:50.930 beautiful place. Put yourself there.
NOTE Confidence: 0.9222108
00:06:50.930 --> 00:06:55.017 Take a walk and look at the lovely,
NOTE Confidence: 0.9222108
00:06:55.020 --> 00:06:56.550 peaceful, relaxing surroundings.
NOTE Confidence: 0.82874835
00:06:59.650 --> 00:07:01.140 Pause for awhile.
NOTE Confidence: 0.8903975
00:07:05.390 --> 00:07:08.428 Before you were looking at this peaceful
NOTE Confidence: 0.8903975
00:07:08.428 --> 00:07:11.897 seem like a painting from a distance.
NOTE Confidence: 0.8903975
00:07:11.900 --> 00:07:14.798 But now you're in the scene.
NOTE Confidence: 0.8903975
00:07:14.800 --> 00:07:19.150 You're living it. Be there right now.
NOTE Confidence: 0.9256259
00:07:22.750 --> 00:07:26.520 What do you see around you?
NOTE Confidence: 0.9256259
00:07:26.520 --> 00:07:29.095 There's no need to actually
NOTE Confidence: 0.9256259

00:07:29.095 --> 00:07:31.155 verbally answer this question,
NOTE Confidence: 0.9256259

00:07:31.160 --> 00:07:36.904 just look around and see what you see.
NOTE Confidence: 0.9256259

00:07:36.910 --> 00:07:40.920 What in this scene is most relaxing to you?
NOTE Confidence: 0.926499

00:07:44.140 --> 00:07:47.290 Take a walk in this special place
NOTE Confidence: 0.926499

00:07:47.290 --> 00:07:50.440 and see all that you can see.
NOTE Confidence: 0.926499

00:07:50.440 --> 00:07:54.199 What do you smell in the air?
NOTE Confidence: 0.926499

00:07:54.200 --> 00:07:56.140 Can you smell that reason?
NOTE Confidence: 0.926499

00:07:56.140 --> 00:07:59.439 The soil of the forest floor beneath you?
NOTE Confidence: 0.8083171

00:08:01.450 --> 00:08:05.296 Do you smell the salty air of the Oceanside?
NOTE Confidence: 0.81471235

00:08:07.480 --> 00:08:09.858 Bring this, scented your visualization
NOTE Confidence: 0.81471235

00:08:09.858 --> 00:08:13.120 and smell the air where you are.
NOTE Confidence: 0.8754169

00:08:17.700 --> 00:08:21.360 Reach out and touch something that's
NOTE Confidence: 0.8754169

00:08:21.360 --> 00:08:24.290 attractive and peaceful to you.
NOTE Confidence: 0.8754169

00:08:24.290 --> 00:08:30.626 How does it feel? Is it soft to your touch?
NOTE Confidence: 0.905013

00:08:39.610 --> 00:08:43.350 You're living in the scene.
NOTE Confidence: 0.905013

00:08:43.350 --> 00:08:45.996 Can you feel the ground beneath

NOTE Confidence: 0.905013
00:08:45.996 --> 00:08:49.080 you and the air on your skin?
NOTE Confidence: 0.905013
00:08:49.080 --> 00:08:50.468 How does it feel?
NOTE Confidence: 0.90018725
00:08:53.130 --> 00:08:55.460 Take a moment to listen.
NOTE Confidence: 0.90018725
00:08:55.460 --> 00:08:58.280 What sounds do you hear in
NOTE Confidence: 0.90018725
00:08:58.382 --> 00:09:01.550 this beautiful new surrounding?
NOTE Confidence: 0.90018725
00:09:01.550 --> 00:09:06.278 Can you hear birds chirping in the Woods?
NOTE Confidence: 0.90018725
00:09:06.280 --> 00:09:09.080 Do you hear the ocean waves in
NOTE Confidence: 0.90018725
00:09:09.080 --> 00:09:10.880 their perpetual booming rhythm?
NOTE Confidence: 0.8932863
00:09:13.430 --> 00:09:16.172 Perhaps there is music from an
NOTE Confidence: 0.8932863
00:09:16.172 --> 00:09:19.080 ancient flute in the background.
NOTE Confidence: 0.8932863
00:09:19.080 --> 00:09:22.860 Or maybe you hear the voice of an old
NOTE Confidence: 0.8932863
00:09:22.860 --> 00:09:25.960 friend that soothes and calms you.
NOTE Confidence: 0.8932863
00:09:25.960 --> 00:09:28.864 Whatever you here, take a moment
NOTE Confidence: 0.8932863
00:09:28.864 --> 00:09:31.420 now to enjoy listening to it.
NOTE Confidence: 0.9142471
00:09:40.750 --> 00:09:43.190 Enjoy this moment of relaxation
NOTE Confidence: 0.9142471

00:09:43.190 --> 00:09:45.630 that you've taken for yourself.
NOTE Confidence: 0.8886998

00:09:49.020 --> 00:09:51.825 Feel free to walk around in
NOTE Confidence: 0.8886998

00:09:51.825 --> 00:09:54.653 this special place as long as
NOTE Confidence: 0.8886998

00:09:54.653 --> 00:09:56.788 you want, because it's yours.
NOTE Confidence: 0.914346

00:10:06.560 --> 00:10:10.338 You can change the scene as you wish.
NOTE Confidence: 0.914346

00:10:10.340 --> 00:10:12.392 Remember that this special
NOTE Confidence: 0.914346

00:10:12.392 --> 00:10:15.470 place is always here for you.
NOTE Confidence: 0.9408537

00:10:20.190 --> 00:10:23.654 You can come back to it whenever you wish.
NOTE Confidence: 0.9408537

00:10:23.660 --> 00:10:27.279 You need not be afraid to lose
NOTE Confidence: 0.9408537

00:10:27.279 --> 00:10:30.749 it because it's always with you.
NOTE Confidence: 0.9408537

00:10:30.750 --> 00:10:33.516 The relaxation that you feel right
NOTE Confidence: 0.9408537

00:10:33.516 --> 00:10:36.977 now at this moment in your body is
NOTE Confidence: 0.9408537

00:10:36.977 --> 00:10:39.800 yours to call on anytime you wish.
NOTE Confidence: 0.83356094

00:10:45.560 --> 00:10:49.138 When you're ready, slowly let the scene
NOTE Confidence: 0.83356094

00:10:49.138 --> 00:10:52.589 before you dissolve back into your mind.
NOTE Confidence: 0.87451655

00:10:55.980 --> 00:10:58.766 Allow yourself to slowly come back to

NOTE Confidence: 0.87451655

00:10:58.766 --> 00:11:01.184 the comfortable darkness that was there

NOTE Confidence: 0.87451655

00:11:01.184 --> 00:11:03.494 before you imagined your special place.

NOTE Confidence: 0.9015724

00:11:07.240 --> 00:11:10.136 And when you're ready in your own time,

NOTE Confidence: 0.9015724

00:11:10.140 --> 00:11:13.596 you could slowly open your eyes.

NOTE Confidence: 0.9015724

00:11:13.600 --> 00:11:17.008 And come back to this moment

NOTE Confidence: 0.9015724

00:11:17.008 --> 00:11:20.370 this time and this reality.

NOTE Confidence: 0.9015724

00:11:20.370 --> 00:11:23.226 This note how relaxed you feel right now.

NOTE Confidence: 0.9287466

00:11:26.170 --> 00:11:27.474 And when you're ready,

NOTE Confidence: 0.9287466

00:11:27.474 --> 00:11:29.104 if your eyes are closed,

NOTE Confidence: 0.9287466

00:11:29.110 --> 00:11:32.640 you can open your eyes.

NOTE Confidence: 0.9287466

00:11:32.640 --> 00:11:34.518 And take a deep breath in.

NOTE Confidence: 0.23834231

00:11:36.910 --> 00:11:42.210 Mannix Hell. Get your arms out

NOTE Confidence: 0.23834231

00:11:42.210 --> 00:11:46.270 to both sides as far as you can.

NOTE Confidence: 0.23834231

00:11:46.270 --> 00:11:48.870 You can take your wrists and make

NOTE Confidence: 0.23834231

00:11:48.870 --> 00:11:51.180 little circles in both directions.

NOTE Confidence: 0.71245104

00:11:53.600 --> 00:11:56.060 And when you're ready abig
NOTE Confidence: 0.71245104

00:11:56.060 --> 00:11:58.520 XL at big inhalation in.
NOTE Confidence: 0.71245104

00:11:58.520 --> 00:12:02.690 Arms overhead. Then Exhale through
NOTE Confidence: 0.71245104

00:12:02.690 --> 00:12:04.690 your mouth into prayer pose.
NOTE Confidence: 0.92568594

00:12:08.120 --> 00:12:09.770 And when you're ready again,
NOTE Confidence: 0.92568594

00:12:09.770 --> 00:12:12.650 you can open your eyes.
NOTE Confidence: 0.92568594

00:12:12.650 --> 00:12:13.806 Wonderful, hopefully that was
NOTE Confidence: 0.92568594

00:12:13.806 --> 00:12:15.870 a nice way to start the week,
NOTE Confidence: 0.92568594

00:12:15.870 --> 00:12:17.484 just to know that you could
NOTE Confidence: 0.92568594

00:12:17.484 --> 00:12:19.100 bring yourself to that peaceful,
NOTE Confidence: 0.92568594

00:12:19.100 --> 00:12:19.684 beautiful place.
NOTE Confidence: 0.92568594

00:12:19.684 --> 00:12:21.436 And it's always there for you.
NOTE Confidence: 0.92568594

00:12:21.440 --> 00:12:23.379 I think before we end today we're
NOTE Confidence: 0.92568594

00:12:23.379 --> 00:12:25.405 just going to take a couple of
NOTE Confidence: 0.92568594

00:12:25.405 --> 00:12:27.103 minutes and we're just going to
NOTE Confidence: 0.92568594

00:12:27.166 --> 00:12:29.350 loosen up our shoulders a little bit.

NOTE Confidence: 0.92568594

00:12:29.350 --> 00:12:31.342 We're going to get back a little bit

NOTE Confidence: 0.92568594

00:12:31.342 --> 00:12:33.285 to that self massage next Tuesday

NOTE Confidence: 0.92568594

00:12:33.285 --> 00:12:34.874 at 11:00 o'clock, not tomorrow,

NOTE Confidence: 0.92568594

00:12:34.874 --> 00:12:37.050 but next Tuesday we're going to do a

NOTE Confidence: 0.92568594

00:12:37.111 --> 00:12:39.019 full program again on self massage,

NOTE Confidence: 0.92568594

00:12:39.020 --> 00:12:40.276 so a little introduction.

NOTE Confidence: 0.92568594

00:12:40.276 --> 00:12:42.160 What we're going to do before

NOTE Confidence: 0.92568594

00:12:42.220 --> 00:12:43.816 we close today is just take.

NOTE Confidence: 0.92568594

00:12:43.820 --> 00:12:45.913 The tips of your fingers and you

NOTE Confidence: 0.92568594

00:12:45.913 --> 00:12:48.179 want to use some good pressure?

NOTE Confidence: 0.92568594

00:12:48.180 --> 00:12:50.175 This is a big muscle at the

NOTE Confidence: 0.92568594

00:12:50.175 --> 00:12:51.860 top of the trapezius.

NOTE Confidence: 0.92568594

00:12:51.860 --> 00:12:53.064 Muscle gets very tight.

NOTE Confidence: 0.92568594

00:12:53.064 --> 00:12:55.330 It once up your back and it

NOTE Confidence: 0.92568594

00:12:55.330 --> 00:12:56.886 crosses over your shoulders,

NOTE Confidence: 0.92568594

00:12:56.890 --> 00:12:59.896 which is why we all get that shoulder pain.

NOTE Confidence: 0.92568594

00:12:59.900 --> 00:13:02.915 But we can do a lot to help ourselves.

NOTE Confidence: 0.92568594

00:13:02.920 --> 00:13:03.566 Release that.

NOTE Confidence: 0.92568594

00:13:03.566 --> 00:13:05.827 So just take the tips of your

NOTE Confidence: 0.92568594

00:13:05.827 --> 00:13:07.608 fingers and just pull forward.

NOTE Confidence: 0.92568594

00:13:07.610 --> 00:13:11.626 Pull from the back forward to the front.

NOTE Confidence: 0.92568594

00:13:11.630 --> 00:13:14.892 Keep your breath going as you do

NOTE Confidence: 0.92568594

00:13:14.892 --> 00:13:18.474 this so we maintain our state

NOTE Confidence: 0.92568594

00:13:18.474 --> 00:13:21.929 of relaxation just pull forward.

NOTE Confidence: 0.92568594

00:13:21.930 --> 00:13:24.541 Could sometimes feel when you get to

NOTE Confidence: 0.92568594

00:13:24.541 --> 00:13:27.427 the collar bone you could almost feel

NOTE Confidence: 0.92568594

00:13:27.427 --> 00:13:29.965 that muscle releasing and letting go.

NOTE Confidence: 0.92568594

00:13:29.970 --> 00:13:33.024 So just bring it forward from

NOTE Confidence: 0.92568594

00:13:33.024 --> 00:13:36.659 back to front over the colorable.

NOTE Confidence: 0.92568594

00:13:36.660 --> 00:13:38.200 And continue the breath.

NOTE Confidence: 0.9234816

00:13:42.980 --> 00:13:43.920 Excellent.

NOTE Confidence: 0.8613181

00:13:47.570 --> 00:13:49.810 Reach back as far as you can,

NOTE Confidence: 0.8613181

00:13:49.810 --> 00:13:52.690 and if you'd like to Criss Cross your hands,

NOTE Confidence: 0.8613181

00:13:52.690 --> 00:13:54.556 you could take your right hand

NOTE Confidence: 0.8613181

00:13:54.556 --> 00:13:56.530 and work on your left side.

NOTE Confidence: 0.8613181

00:13:56.530 --> 00:13:58.450 That sometimes gives you a little

NOTE Confidence: 0.8613181

00:13:58.450 --> 00:14:00.370 bit more pull, an more release.

NOTE Confidence: 0.8292884

00:14:04.800 --> 00:14:07.840 His brain that forward.

NOTE Confidence: 0.8292884

00:14:07.840 --> 00:14:11.906 I will switch to the other side.

NOTE Confidence: 0.8292884

00:14:11.910 --> 00:14:13.861 Take those breasts in.

NOTE Confidence: 0.8292884

00:14:13.861 --> 00:14:16.963 Bring your hand back as far

NOTE Confidence: 0.8292884

00:14:16.963 --> 00:14:19.859 as you can pull forward.

NOTE Confidence: 0.8292884

00:14:19.860 --> 00:14:21.572 Be all the release.

NOTE Confidence: 0.8292884

00:14:21.572 --> 00:14:23.554 Excellent, very good again.

NOTE Confidence: 0.8292884

00:14:23.554 --> 00:14:27.672 Let's just stretch the arms out one more

NOTE Confidence: 0.8292884

00:14:27.672 --> 00:14:31.870 time as far as you can pull to the right.

NOTE Confidence: 0.8292884

00:14:31.870 --> 00:14:35.090 Cool to the left.
NOTE Confidence: 0.8292884

00:14:35.090 --> 00:14:39.968 Latin And overhead.
NOTE Confidence: 0.8292884

00:14:39.970 --> 00:14:43.390 And Exhale into prayer pose.
NOTE Confidence: 0.8292884

00:14:43.390 --> 00:14:44.018 Beautiful, wonderful,
NOTE Confidence: 0.8292884

00:14:44.018 --> 00:14:44.960 hopefully you're feeling
NOTE Confidence: 0.8292884

00:14:44.960 --> 00:14:46.216 in the blood flowing.
NOTE Confidence: 0.8292884

00:14:46.220 --> 00:14:47.888 Maybe I feel my feet warming
NOTE Confidence: 0.8292884

00:14:47.888 --> 00:14:50.035 up a little bit so you know
NOTE Confidence: 0.8292884

00:14:50.035 --> 00:14:51.645 you're getting the oxygen and
NOTE Confidence: 0.8292884

00:14:51.645 --> 00:14:53.120 the blood flow moving.
NOTE Confidence: 0.8292884

00:14:53.120 --> 00:14:55.010 Would it take our hands now?
NOTE Confidence: 0.8292884

00:14:55.010 --> 00:14:58.226 Which is going to Cupar face?
NOTE Confidence: 0.8292884

00:14:58.230 --> 00:15:00.400 Give ourselves a little bit of love.
NOTE Confidence: 0.86744654

00:15:04.300 --> 00:15:06.100 And we're going to remember
NOTE Confidence: 0.86744654

00:15:06.100 --> 00:15:08.288 may the long time sunshine upon
NOTE Confidence: 0.86744654

00:15:08.288 --> 00:15:10.208 you and all love surround you

NOTE Confidence: 0.86744654

00:15:10.208 --> 00:15:12.370 made the pure light within you.

NOTE Confidence: 0.86744654

00:15:12.370 --> 00:15:15.178 Guide your way on guide your way on.

NOTE Confidence: 0.86744654

00:15:15.180 --> 00:15:17.988 Thank you so much for joining again today.

NOTE Confidence: 0.86744654

00:15:17.990 --> 00:15:20.750 Have a good week and I look forward

NOTE Confidence: 0.86744654

00:15:20.750 --> 00:15:22.910 to hopefully see you on Thursday

NOTE Confidence: 0.86744654

00:15:22.910 --> 00:15:25.376 again at 1:30. Maybe well.