

WEBVTT

NOTE duration:"00:22:11.7440000"

NOTE language:en-us

NOTE Confidence: 0.7950284

00:00:02.490 --> 00:00:05.836 Good day, my name is Roberta Brown.

NOTE Confidence: 0.7950284

00:00:05.840 --> 00:00:08.720 I'm a registered nurse with

NOTE Confidence: 0.7950284

00:00:08.720 --> 00:00:11.024 integrative medicine and healing

NOTE Confidence: 0.7950284

00:00:11.024 --> 00:00:13.872 touch at Greenwich Hospital and I

NOTE Confidence: 0.7950284

00:00:13.872 --> 00:00:17.019 am a divine sleep yoga nidra guy.

NOTE Confidence: 0.7950284

00:00:17.020 --> 00:00:21.188 Anne, I'm here to offer you a session

NOTE Confidence: 0.7950284

00:00:21.188 --> 00:00:25.735 for about 15 or 20 minutes in what's

NOTE Confidence: 0.7950284

00:00:25.735 --> 00:00:28.780 called divine sleep yoga nidra.

NOTE Confidence: 0.7950284

00:00:28.780 --> 00:00:32.728 And it's an ancient meditative practice,

NOTE Confidence: 0.7950284

00:00:32.730 --> 00:00:38.618 and it's it's defined as divine yogic sleep.

NOTE Confidence: 0.7950284

00:00:38.620 --> 00:00:42.498 So you will be guided through your

NOTE Confidence: 0.7950284

00:00:42.498 --> 00:00:46.600 layers of being and your imagination.

NOTE Confidence: 0.7950284

00:00:46.600 --> 00:00:50.824 All you have to do is get comfortable

NOTE Confidence: 0.7950284

00:00:50.824 --> 00:00:54.037 an invite your body to relax

NOTE Confidence: 0.7950284

00:00:54.037 --> 00:00:56.592 and your mind to come.

NOTE Confidence: 0.7950284

00:00:56.600 --> 00:01:01.024 As you explore all of your senses.

NOTE Confidence: 0.7950284

00:01:01.030 --> 00:01:05.060 And this is used successfully

NOTE Confidence: 0.7950284

00:01:05.060 --> 00:01:09.100 to aid in insomnia, anxiety,

NOTE Confidence: 0.7950284

00:01:09.100 --> 00:01:11.732 depression, pain and PTSD.

NOTE Confidence: 0.7950284

00:01:11.732 --> 00:01:15.309 So I invite you to get in

NOTE Confidence: 0.7950284

00:01:15.309 --> 00:01:18.870 a comfortable position.

NOTE Confidence: 0.7950284

00:01:18.870 --> 00:01:21.730 You can either lie down.

NOTE Confidence: 0.7950284

00:01:21.730 --> 00:01:28.200 Or sit in a chair whatever is best for you.

NOTE Confidence: 0.7950284

00:01:28.200 --> 00:01:31.847 And allow yourself to get cozy comfortable.

NOTE Confidence: 0.900451

00:01:34.500 --> 00:01:38.120 Make any final adjustments to

NOTE Confidence: 0.900451

00:01:38.120 --> 00:01:42.400 get as comfortable as you can.

NOTE Confidence: 0.900451

00:01:42.400 --> 00:01:45.094 Sometimes people like to put a

NOTE Confidence: 0.900451

00:01:45.094 --> 00:01:47.810 blanket on because when you relax.

NOTE Confidence: 0.900451

00:01:47.810 --> 00:01:49.922 Your temperature goes down,

NOTE Confidence: 0.900451

00:01:49.922 --> 00:01:54.309 so feel free. To do that?  
NOTE Confidence: 0.900451

00:01:54.310 --> 00:01:55.865 Put a pillow under your  
NOTE Confidence: 0.900451

00:01:55.865 --> 00:01:57.420 head if you're lying down.  
NOTE Confidence: 0.891477

00:01:59.590 --> 00:02:04.000 And feel free to move or to adjust  
NOTE Confidence: 0.891477

00:02:04.000 --> 00:02:06.260 anything anytime during this  
NOTE Confidence: 0.891477

00:02:06.369 --> 00:02:09.719 journey to support your comfort.  
NOTE Confidence: 0.891477

00:02:09.720 --> 00:02:15.439 Moving slowly and mindfully when you move.  
NOTE Confidence: 0.891477

00:02:15.440 --> 00:02:19.200 Become more aware now.  
NOTE Confidence: 0.891477

00:02:19.200 --> 00:02:22.077 But this is a practice of awareness.  
NOTE Confidence: 0.773355

00:02:24.370 --> 00:02:28.950 Noticing your body resting. Resting.  
NOTE Confidence: 0.7058308

00:02:31.700 --> 00:02:33.488 Aware of your breath.  
NOTE Confidence: 0.90518165

00:02:35.620 --> 00:02:38.600 Become more and more aware  
NOTE Confidence: 0.90518165

00:02:38.600 --> 00:02:42.450 of each level of your being.  
NOTE Confidence: 0.90518165

00:02:42.450 --> 00:02:47.230 As you are guided through sensations.  
NOTE Confidence: 0.90518165

00:02:47.230 --> 00:02:54.040 Breath. Thoughts? Feelings?  
NOTE Confidence: 0.90518165

00:02:54.040 --> 00:02:57.520 Allow yourself to be the observer.

NOTE Confidence: 0.90518165  
00:02:57.520 --> 00:03:01.740 Of all that you truly are.  
NOTE Confidence: 0.90518165  
00:03:01.740 --> 00:03:04.700 The Observer who is filled  
NOTE Confidence: 0.90518165  
00:03:04.700 --> 00:03:07.370 with compassion. An acceptance.  
NOTE Confidence: 0.81356317  
00:03:10.280 --> 00:03:12.380 Settle into your body now.  
NOTE Confidence: 0.8723668  
00:03:14.670 --> 00:03:20.088 And settle your body down into the ground.  
NOTE Confidence: 0.8723668  
00:03:20.090 --> 00:03:23.690 Whether your whole body is on the ground  
NOTE Confidence: 0.8723668  
00:03:23.690 --> 00:03:27.316 or your feet are touching the earth.  
NOTE Confidence: 0.8723668  
00:03:27.320 --> 00:03:30.880 Feel the ground underneath you.  
NOTE Confidence: 0.8723668  
00:03:30.880 --> 00:03:33.468 Holding and supporting you  
NOTE Confidence: 0.8723668  
00:03:33.468 --> 00:03:36.056 in your practice today.  
NOTE Confidence: 0.8476512  
00:03:38.600 --> 00:03:44.216 Feel secure here in your body.  
NOTE Confidence: 0.8476512  
00:03:44.220 --> 00:03:47.950 Your body. Resting on the ground.  
NOTE Confidence: 0.85904384  
00:03:53.770 --> 00:03:55.410 Now begin to  
NOTE Confidence: 0.85904384  
00:03:55.410 --> 00:03:59.830 feel your breath. Your natural breath.  
NOTE Confidence: 0.8071091  
00:04:03.260 --> 00:04:09.090 Aware of breath in your chest. The easy  
NOTE Confidence: 0.8217562

00:04:09.090 --> 00:04:13.660 rise and fall of breath. In your chest.  
NOTE Confidence: 0.7111863

00:04:20.550 --> 00:04:25.610 Now go inward deep inside. And notice.  
NOTE Confidence: 0.7111863

00:04:25.610 --> 00:04:29.570 What is my heart's deepest longing?  
NOTE Confidence: 0.78486925

00:04:31.700 --> 00:04:36.560 What is my heart's deepest longing?  
NOTE Confidence: 0.78486925

00:04:36.560 --> 00:04:39.395 Let the answer come from your heart.  
NOTE Confidence: 0.8135954

00:04:56.890 --> 00:04:59.281 your heart's longing,  
NOTE Confidence: 0.8135954

00:04:59.281 --> 00:05:02.469 create a positive statement.  
NOTE Confidence: 0.8135954

00:05:02.470 --> 00:05:04.951 In present tense,  
NOTE Confidence: 0.8135954

00:05:04.951 --> 00:05:09.086 as though it's already happening.  
NOTE Confidence: 0.8135954

00:05:09.090 --> 00:05:13.766 Something like I am whole and complete.  
NOTE Confidence: 0.8135954

00:05:13.770 --> 00:05:17.078 Exactly as I am.  
NOTE Confidence: 0.84615517

00:05:19.140 --> 00:05:24.630 Or I am calm and peaceful? In this moment.  
NOTE Confidence: 0.9307695

00:05:27.400 --> 00:05:29.782 You can use one of these  
NOTE Confidence: 0.9307695

00:05:29.782 --> 00:05:31.370 statements if you like.  
NOTE Confidence: 0.9307695

00:05:31.370 --> 00:05:35.426 But if you you hurt your heart swish,  
NOTE Confidence: 0.9307695

00:05:35.430 --> 00:05:38.979 then use that in stated three times,

NOTE Confidence: 0.9307695

00:05:38.980 --> 00:05:42.100 silently to yourself. As the

NOTE Confidence: 0.84685546

00:05:59.540 --> 00:06:03.332 Now let your awareness move through

NOTE Confidence: 0.84685546

00:06:03.332 --> 00:06:07.319 your body as you are guided.

NOTE Confidence: 0.84685546

00:06:07.320 --> 00:06:09.978 Feel each body part, then move

NOTE Confidence: 0.84685546

00:06:09.978 --> 00:06:13.165 on to the next when prompted.

NOTE Confidence: 0.84685546

00:06:13.165 --> 00:06:16.695 Do not worry if you cannot

NOTE Confidence: 0.84685546

00:06:16.695 --> 00:06:18.264 feel everybody part.

NOTE Confidence: 0.80661935

00:06:20.460 --> 00:06:24.988 Since your face. Notice your jaw.

NOTE Confidence: 0.8877838

00:06:27.230 --> 00:06:31.920 Become aware of sensation in your mouth.

NOTE Confidence: 0.8694699

00:06:36.110 --> 00:06:38.030 Feel the roof of your mouth.

NOTE Confidence: 0.90427434

00:06:40.720 --> 00:06:42.409 Underneath the tongue.

NOTE Confidence: 0.67935467

00:06:45.100 --> 00:06:49.520 Notice teeth. Gumz

NOTE Confidence: 0.23263654

00:06:51.660 --> 00:06:55.708 tongue. Root of the tongue.

NOTE Confidence: 0.6822035

00:06:58.370 --> 00:07:01.330 Since taste in your mouth.

NOTE Confidence: 0.8361309

00:07:04.520 --> 00:07:08.381 Now feel all of the parts of your

NOTE Confidence: 0.8361309

00:07:08.381 --> 00:07:12.430 mouth all together as a whole. The  
NOTE Confidence: 0.789738

00:07:24.550 --> 00:07:26.818 Now feel your nose.  
NOTE Confidence: 0.6806215

00:07:29.020 --> 00:07:29.870 Nice job.  
NOTE Confidence: 0.69169635

00:07:32.190 --> 00:07:39.820 Right nostril left nostril. Both nostrils.  
NOTE Confidence: 0.6725599

00:07:42.190 --> 00:07:44.250 Feel your breath.  
NOTE Confidence: 0.6725599

00:07:44.250 --> 00:07:46.270 Passing through the nostrils.  
NOTE Confidence: 0.6941411

00:07:51.060 --> 00:07:54.380 Aware of your sense of smell.  
NOTE Confidence: 0.80175436

00:08:08.050 --> 00:08:12.014 Notice your ears. Feel the  
NOTE Confidence: 0.80175436

00:08:12.014 --> 00:08:14.696 wrinkles and folds of the ears.  
NOTE Confidence: 0.68164873

00:08:17.280 --> 00:08:19.188 Backs of the ears.  
NOTE Confidence: 0.53865373

00:08:22.670 --> 00:08:27.360 Ear canals. Inner ears.  
NOTE Confidence: 0.73169464

00:08:29.620 --> 00:08:33.320 Aware of your ears hearing.  
NOTE Confidence: 0.80532837

00:08:37.240 --> 00:08:46.140 Now feel your eyes. Eyelets. Eyelashes  
NOTE Confidence: 0.7280975

00:08:48.150 --> 00:08:54.568 surface of the eyes. Center of the eyes.  
NOTE Confidence: 0.6629352375

00:08:56.730 --> 00:09:03.560 Backs of the ice. Behind the eyes.  
NOTE Confidence: 0.8301826

00:09:06.230 --> 00:09:08.060 Feel your eyes.

NOTE Confidence: 0.8578916  
00:09:11.180 --> 00:09:14.340 Become aware. Of your forehead.  
NOTE Confidence: 0.8555419  
00:09:18.190 --> 00:09:20.436 The top of your head or crown.  
NOTE Confidence: 0.6996374  
00:09:22.850 --> 00:09:23.950 Whole head.  
NOTE Confidence: 0.8024718  
00:09:26.860 --> 00:09:28.960 Move awareness to the throat.  
NOTE Confidence: 0.49236235  
00:09:31.110 --> 00:09:31.670 Neck.  
NOTE Confidence: 0.8916711  
00:09:34.220 --> 00:09:35.470 Right shoulder  
NOTE Confidence: 0.9017327  
00:09:37.620 --> 00:09:41.690 right arm. Hand.  
NOTE Confidence: 0.59277576  
00:09:43.730 --> 00:09:44.910 Right palm.  
NOTE Confidence: 0.7683527  
00:09:48.000 --> 00:09:51.808 Feel right hand thumb.  
NOTE Confidence: 0.8900966  
00:09:54.640 --> 00:09:55.780 First finger.  
NOTE Confidence: 0.87474626  
00:09:57.930 --> 00:09:59.170 Second finger.  
NOTE Confidence: 0.84427327  
00:10:01.570 --> 00:10:02.810 Third finger.  
NOTE Confidence: 0.7096388  
00:10:05.130 --> 00:10:09.690 Fourth finger. All of the fingers.  
NOTE Confidence: 0.84428656  
00:10:12.940 --> 00:10:17.928 Feel now the whole hand. Vibrant with energy  
NOTE Confidence: 0.82841337  
00:10:21.200 --> 00:10:23.330 aware of right wrist.  
NOTE Confidence: 0.53955



00:10:25.620 --> 00:10:26.750 Forearm.  
NOTE Confidence: 0.6791148

00:10:28.930 --> 00:10:30.040 Elbow.  
NOTE Confidence: 0.7776134

00:10:32.330 --> 00:10:36.610 Upper arm. Shoulder  
NOTE Confidence: 0.6946581

00:10:40.440 --> 00:10:42.350 feel throat center  
NOTE Confidence: 0.8236471

00:10:45.100 --> 00:10:51.130 and notice. Left shoulder arm  
NOTE Confidence: 0.6547205

00:10:55.050 --> 00:10:55.820 hand.  
NOTE Confidence: 0.8265138

00:10:58.190 --> 00:11:00.029 Notice left hand.  
NOTE Confidence: 0.19317165

00:11:03.570 --> 00:11:04.260 Thumb.  
NOTE Confidence: 0.8835545

00:11:07.030 --> 00:11:08.290 First finger.  
NOTE Confidence: 0.8643011

00:11:10.320 --> 00:11:11.540 Second finger.  
NOTE Confidence: 0.8048455

00:11:13.670 --> 00:11:15.050 Third finger.  
NOTE Confidence: 0.7151873

00:11:17.290 --> 00:11:23.898 Fourth finger. Wall of the fingers.  
NOTE Confidence: 0.7151873

00:11:23.900 --> 00:11:28.110 Whole hand radiant with life.  
NOTE Confidence: 0.8812408

00:11:33.020 --> 00:11:38.620 Become aware of left wrist. Forearm.  
NOTE Confidence: 0.67398727

00:11:40.680 --> 00:11:47.680 Elbow. Upper arm. Shoulder  
NOTE Confidence: 0.7902895

00:11:50.000 --> 00:11:51.670 and throat center.

NOTE Confidence: 0.61935765  
00:11:53.920 --> 00:11:59.330 Feel the chest. Heart space  
NOTE Confidence: 0.70864624  
00:12:10.510 --> 00:12:12.470 naval center.  
NOTE Confidence: 0.81034235  
00:12:15.770 --> 00:12:21.626 Now notice shoulder blades. On the back body.  
NOTE Confidence: 0.91240406  
00:12:24.490 --> 00:12:26.778 Between the shoulder blades.  
NOTE Confidence: 0.78747696  
00:12:29.130 --> 00:12:31.890 Notice ribs on the back.  
NOTE Confidence: 0.84695727  
00:12:36.500 --> 00:12:40.660 Since the low back. Buttocks.  
NOTE Confidence: 0.87526697  
00:12:42.700 --> 00:12:45.910 Be aware of your whole back.  
NOTE Confidence: 0.6974905  
00:12:48.830 --> 00:12:55.170 Feel the right hip. Right thigh.  
NOTE Confidence: 0.20010473  
00:12:57.540 --> 00:12:58.360 NI.  
NOTE Confidence: 0.90628827  
00:13:01.400 --> 00:13:02.798 Right lower leg.  
NOTE Confidence: 0.44307366  
00:13:04.970 --> 00:13:05.860 Ankle  
NOTE Confidence: 0.8491776  
00:13:07.900 --> 00:13:09.288 top of the foot.  
NOTE Confidence: 0.89336187  
00:13:11.330 --> 00:13:13.980 So of the right foot.  
NOTE Confidence: 0.72868425  
00:13:16.590 --> 00:13:19.638 Notice big right toe.  
NOTE Confidence: 0.5779138  
00:13:21.840 --> 00:13:23.360 Second toe.  
NOTE Confidence: 0.42458603

00:13:25.780 --> 00:13:34.329 3rd towel. For chow and 5th toe.  
NOTE Confidence: 0.42458603

00:13:34.329 --> 00:13:37.844 Feel all of the toes.  
NOTE Confidence: 0.7828496

00:13:42.560 --> 00:13:46.235 Become aware of sensation in the navel.  
NOTE Confidence: 0.81919456

00:13:49.920 --> 00:13:51.350 Notice left hip.  
NOTE Confidence: 0.10058558

00:13:53.770 --> 00:13:54.640 Thigh.  
NOTE Confidence: 0.45315227

00:13:57.360 --> 00:13:58.170 Me.  
NOTE Confidence: 0.9295436

00:14:00.190 --> 00:14:02.060 Left lower leg.  
NOTE Confidence: 0.4788923

00:14:04.080 --> 00:14:07.838 Ankle top of the foot.  
NOTE Confidence: 0.8263048

00:14:09.890 --> 00:14:10.980 So.  
NOTE Confidence: 0.63246685

00:14:13.990 --> 00:14:17.468 Feel phone left big Ciao.  
NOTE Confidence: 0.7046063

00:14:20.000 --> 00:14:21.200 Second job.  
NOTE Confidence: 0.4263915

00:14:23.530 --> 00:14:30.598 3rd toe. 4th and 5th toe.  
NOTE Confidence: 0.4263915

00:14:30.600 --> 00:14:33.050 Feel all of the toes.  
NOTE Confidence: 0.77643347

00:14:36.430 --> 00:14:41.850 Now feel both feet. Legs.  
NOTE Confidence: 0.19473359

00:14:43.240 --> 00:14:51.019 Torso. Front and back. Hands and arms.  
NOTE Confidence: 0.7300241333333333

00:14:54.100 --> 00:14:56.158 Neck. And had.

NOTE Confidence: 0.8528816  
00:14:58.330 --> 00:15:03.450 Feel the whole body now. Whole body.  
NOTE Confidence: 0.907321751111111  
00:15:07.490 --> 00:15:11.954 Become aware. Of the right side of the body.  
NOTE Confidence: 0.857582713333333  
00:15:14.290 --> 00:15:19.540 Now. Feel the left side of the body.  
NOTE Confidence: 0.70315504  
00:15:23.000 --> 00:15:24.608 Feel back body.  
NOTE Confidence: 0.71586555  
00:15:26.960 --> 00:15:30.650 Side of the body facing the ground.  
NOTE Confidence: 0.69575626  
00:15:33.960 --> 00:15:35.040 Back body.  
NOTE Confidence: 0.6211155  
00:15:38.240 --> 00:15:42.650 And now feel front body.  
NOTE Confidence: 0.6211155  
00:15:42.650 --> 00:15:45.695 Side of the body facing the sky.  
NOTE Confidence: 0.7751444  
00:15:47.900 --> 00:15:49.060 Front body  
NOTE Confidence: 0.8146239  
00:15:52.380 --> 00:15:54.590 feel the whole body now.  
NOTE Confidence: 0.75391614  
00:15:56.920 --> 00:15:58.060 Whole body.  
NOTE Confidence: 0.8792715  
00:16:00.350 --> 00:16:03.950 Notice the entire global  
NOTE Confidence: 0.8792715  
00:16:03.950 --> 00:16:06.009 feeling. Of the body.  
NOTE Confidence: 0.73428565  
00:16:11.730 --> 00:16:13.720 Become aware now.  
NOTE Confidence: 0.73428565  
00:16:13.720 --> 00:16:16.620 Of your natural breath.  
NOTE Confidence: 0.73428565

00:16:16.620 --> 00:16:20.060 As it flows through you.  
NOTE Confidence: 0.73428565

00:16:20.060 --> 00:16:22.690 No need to change your breath.  
NOTE Confidence: 0.78789955

00:16:25.910 --> 00:16:29.802 Feel your breath flowing easily  
NOTE Confidence: 0.78789955

00:16:29.802 --> 00:16:33.692 an rhythmically through your body.  
NOTE Confidence: 0.7767649

00:16:36.740 --> 00:16:38.150 Notice your breath.  
NOTE Confidence: 0.56650895

00:16:48.340 --> 00:16:51.272 Begin to feel the plies.  
NOTE Confidence: 0.56650895

00:16:51.272 --> 00:16:54.280 Between the inhale. And exhale.  
NOTE Confidence: 0.8166091

00:16:57.780 --> 00:16:58.920 Notice the gap.  
NOTE Confidence: 0.73994756

00:17:04.010 --> 00:17:07.388 Now begin to feel the pause.  
NOTE Confidence: 0.73994756

00:17:07.390 --> 00:17:09.190 Between the exhale.  
NOTE Confidence: 0.76918024

00:17:12.260 --> 00:17:13.490 And the India.  
NOTE Confidence: 0.80562216

00:17:18.790 --> 00:17:23.210 Without holding or changing the breath.  
NOTE Confidence: 0.80562216

00:17:23.210 --> 00:17:27.950 Notice the pause. Between breaths.  
NOTE Confidence: 0.7154645

00:17:51.740 --> 00:17:56.350 Now recall your hearts intention.  
NOTE Confidence: 0.7154645

00:17:56.350 --> 00:18:00.028 And your positive statement.  
NOTE Confidence: 0.7154645

00:18:00.030 --> 00:18:03.330 Repeat it now three times as

NOTE Confidence: 0.7154645  
00:18:03.330 --> 00:18:07.388 though it is already happening.  
NOTE Confidence: 0.7154645  
00:18:07.390 --> 00:18:10.150 It is already. The truth.  
NOTE Confidence: 0.808325785  
00:18:30.440 --> 00:18:34.740 Now. Notice your breath.  
NOTE Confidence: 0.808325785  
00:18:34.740 --> 00:18:37.560 And feel its rhythm and pace.  
NOTE Confidence: 0.8451272  
00:18:39.940 --> 00:18:42.600 Invite your breath too deep in now.  
NOTE Confidence: 0.78031963  
00:18:46.600 --> 00:18:51.410 Begin to feel yourself gradually reawakening.  
NOTE Confidence: 0.8625194  
00:18:55.370 --> 00:18:56.970 Now since your body.  
NOTE Confidence: 0.8483806  
00:18:59.780 --> 00:19:02.210 Notice your back on the  
NOTE Confidence: 0.8483806  
00:19:02.210 --> 00:19:04.640 ground or in the chair.  
NOTE Confidence: 0.827173  
00:19:10.180 --> 00:19:12.696 Feel all the places where  
NOTE Confidence: 0.827173  
00:19:12.696 --> 00:19:14.708 you touched the ground.  
NOTE Confidence: 0.86778253  
00:19:20.300 --> 00:19:24.560 Feel your front body. Facing skyward.  
NOTE Confidence: 0.88892335  
00:19:30.410 --> 00:19:33.119 You are now completing.  
NOTE Confidence: 0.88892335  
00:19:33.120 --> 00:19:37.978 Divine sleep yoga nidra practice.  
NOTE Confidence: 0.88892335  
00:19:37.980 --> 00:19:42.830 Becoming slowly more awake. And where?  
NOTE Confidence: 0.8446138

00:19:50.440 --> 00:19:54.875 As you ready. Begin to wiggle your  
NOTE Confidence: 0.8446138

00:19:54.875 --> 00:19:57.535 fingers. Feeling every sensation  
NOTE Confidence: 0.8571634

00:19:57.540 --> 00:19:59.280 as you do.  
NOTE Confidence: 0.78949755

00:20:02.800 --> 00:20:05.120 Begin to wiggle your toes.  
NOTE Confidence: 0.770808183333333

00:20:07.630 --> 00:20:15.480 Then gently. Rock your head side to side. A  
NOTE Confidence: 0.7840772

00:20:23.520 --> 00:20:27.775 a deeper breath into your  
NOTE Confidence: 0.7840772

00:20:27.775 --> 00:20:30.100 belly. Into your chest.  
NOTE Confidence: 0.8437478

00:20:33.670 --> 00:20:36.738 Anne, if you're lying down.  
NOTE Confidence: 0.8437478

00:20:36.740 --> 00:20:40.158 Rock slowly over to your left side.  
NOTE Confidence: 0.8437478

00:20:40.160 --> 00:20:42.120 If that is comfortable.  
NOTE Confidence: 0.79909223

00:20:48.490 --> 00:20:51.376 Press your hands into the floor.  
NOTE Confidence: 0.79909223

00:20:51.380 --> 00:20:55.636 And come up to a comfortable seated position.  
NOTE Confidence: 0.6383346

00:20:58.080 --> 00:21:03.044 Lengthen your spine. And take  
NOTE Confidence: 0.6383346

00:21:03.044 --> 00:21:08.130 a full breath. Anne. I'm out.  
NOTE Confidence: 0.8536952

00:21:10.850 --> 00:21:14.458 Notice how you feel.  
NOTE Confidence: 0.8536952

00:21:14.460 --> 00:21:17.908 Aware of the effects.

NOTE Confidence: 0.8536952

00:21:17.910 --> 00:21:19.678 Of your practice today.

NOTE Confidence: 0.7110043

00:21:24.300 --> 00:21:28.986 I wish you peace, peace, eternal peace.

NOTE Confidence: 0.7110043

00:21:28.986 --> 00:21:32.927 And peace and calm in your heart.

NOTE Confidence: 0.8754738

00:21:35.820 --> 00:21:37.645 And when you're ready,

NOTE Confidence: 0.8754738

00:21:37.645 --> 00:21:40.960 you can slowly allow your eyes.

NOTE Confidence: 0.8754738

00:21:40.960 --> 00:21:44.896 To slowly open to a soft.

NOTE Confidence: 0.8896862

00:21:56.680 --> 00:22:01.170 And I thank you for your attention.

NOTE Confidence: 0.8896862

00:22:01.170 --> 00:22:03.306 And wish you a beautiful day.