

GUIDE FOR PREPARATION FOR RELAXATION AND BREATHING EXERCISE SO THAT YOU CAN BE AS COMFORTABLE AS POSSIBLE

Find somewhere comfortable, quiet and warm, and choose a time when you won't be disturbed, and check that your phones are switched off.

Loosen any tight clothing, particularly around your waist, and you may like to remove your shoes and glasses.

It's best to practise in the order the recordings are numbered on the website.

The first two breathing exercises are best practised sitting on a chair with a straight back, particularly for those with breathing difficulties, but fine in a recliner or lying down - whatever is most comfortable for you.

If you are sitting have both feet in contact with the floor, hip width apart, using a cushion or pile of books or magazines if your feet dangle. Also use cushions and pillows so that your head and back are supported, and you may like a blanket to keep warm.

Have your arms free at your sides - a little shake of your arms and hands is a useful thing to do, so that your shoulders can drop. Let your shoulders drop - and your hands soften. Bring your hands to your lap, or on your thighs, palms upwards if comfortable, or down if not, fingers softly curled.

If you're lying, have a small pillow under your head. Either have your legs out straight, feet hip width apart, your head, neck and spine in a straight line. Or you may like to have your knees bent up with a pillow, or rolled towel, under your knees, as this can help to release your back. Bring down your shoulders away from your ears and turn your arms outwards at the shoulders, so that your palms are upwards if comfortable, or down if not, with fingers gently curled.

The breathing method in all these exercises is inhaling and exhaling gently, without exerting any effort.

Being comfortable is the most important thing, and if at any time during the practice you feel any adverse effects – STOP immediately.

If you would like any help or advice with these practices, please don't hesitate to contact The Debenham Project and they will put you in touch with someone you can speak to.