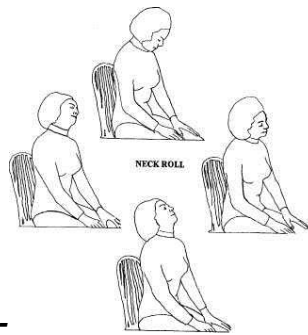




Simple Meditation-

Sit tall in your chair or against a wall. Find a comfortable spot to feel supported. Close the eyes. Begin to let go of any tension in the head, face, and neck. Relax the palms on the tops of the thighs or resting in the lap.

Inhale deeply from the belly, exhale through the nostrils. Repeat for any length of time, remembering to observe the thoughts as they float through the mind, and then letting them pass by, like clouds in the sky.



Neck Rolls-

Take a few deep breaths. Relax the head forward, chin to chest. Gently inhale the head up and back, then bring the right ear to right shoulder, and travel through to center, inhale the left ear to left shoulder, then back to center, chin to chest. Repeat as many times as necessary.



Shoulder Rolls-

Inhale and draw the shoulders up towards the ears and on the exhale release. Inhale draw the shoulders forward and exhale roll them back. Alternate moving the shoulders up and down, forward and back.