

Pyramid Relaxation

Show hand position before going into relaxation and also direction arms will be falling. Make sure students have enough room either side to bring hands down.

Ask students to take their hands into Uttarabodhi Mudra, fingers interlacing fingers, bringing tips of index finger of left and right hand together, this is the very top of the pyramid. Bring the tips of the thumbs together, this forms the strong base of the pyramid.

Lying back with heels of hands on solar plexus, index fingers pointing towards sky.

Lying in a relaxed position, watching the breath come and go, in and out, feeling this time is just for you.

Take 3 deep abdominal breaths. With each exhalation, feel as if you're releasing all the thoughts and tension of the day.... Allow your abdomen to expand fully on the inhalation....and contract completely on the exhalation, letting go of all tension and tightness as you exhale.

Travelling through the body from the toes, feeling warmth and relaxation flowing through the top of the feet...the sole of the feet....heels.....ankles.....

Now feeling that warmth and relaxation travelling up your shins.....calves....front of the knees, back of the knees....now travelling up your thighs....back of the thighs....front of the thighs.....feeling every part of your legs and feet, warm and relaxed.

Moving to the pelvis, hips, stomach and ribs.....warmth and relaxation flowing through your body....chest....shoulders are relaxing, letting any tension just float...float away.

Now taking your focus to the back of the hips, letting them sink down into the mat.... And that warmth and relaxation starts to travel from the bottom of the spine.....all the way up through the back of the ribs, feeling your shoulder blades releasing tension and letting the warmth flow to the nape of your neck...

Back of the neck relaxes, throat relaxes, feeling any tension leave your jaw.... cheeks.. forehead.....top of your head....

Now taking your attention to your shoulders, letting them sink down away from your ears... feeling the warmth and relaxation travel down both arms....tops of the arms.... elbows.... wrists....fingers are in our Uttarabodhi Mudra, with index fingers pointing to the sky and thumbs making the base of our pyramid.

Focusing your attention on your fingers and thumbs that make up the pyramid.

Starting to straighten your arms fully with index fingers pointing up towards the sky, straightening arms vertically upwards. If the arms are not vertical, they will slowly fall towards the direction they are leaning to. Similarly, if the body was leaning slightly in one direction, over time (years), it will fall more towards that direction.

Keeping your attention on your fingers and thumbs that make up the pyramid. Hands are relaxed. The base of the pyramid (the thumbs) are relaxed but, make up this very strong base. The top of the pyramid (the index fingers) are pointing up towards the sky.

Now starting to imagine you are outside.....in the middle of nature, lying back, looking up into the night sky.....The night is clear and calm. You can feel the (crisp autumnal air / warm summer evening air / fresh spring / winter air) touching your skin...you're alone.... but safe, warm and calm in the quiet of the night....The stars are shining and the evening holds a quiet magic.....

You are quiet...filled with a sense of awe...as you gaze on the expanse of the night.

Now starting to visualize the top of the pyramid, pointing to a place in space. See that place and see a connection between the top of the pyramid and this space. Letting your breath flow through you..... feel this connection drawing your hands upwards and notice how light your hands become. Remain here... feeling this beautiful connection to this place...in space.. .amongst the stars. (Staying here for 2 - 3 minutes).

(After a few minutes have passed) slowly let your hands start to drift apart.....feel how your hands want to remain in the shape they are in.

When your hands are a few inches apart or shoulder width apart, notice how they want to stay up the air by themselves....as if by magic.

(Remain here for a minute or two)

Now, start to bring your hands down by bringing the arms out to the sides. Notice how your arms are still wanting to stay up in the air and you may have to work to bring them down.

Relax in savasana, breathing naturally and deeply, watching your breath.

Noticing how you feel, mentally and physically.

Slowly rolling over to your right side, coming to a comfortable seated position.