**12:00-12:08**

***(5-8 Minutes)***

**Welcome students**

***Text in purple is the script***

Have them sit however is comfortable. **Begin drop-in**; Say, “Let’s drop into our bodies. Close your eyes, and begin to observe the breath. No need to change it just yet, observe it for a few rounds. Is it long on the inhale, exhale? Notice where it lands in your body. Feel the lengthening of the spine as you breathe in, the heaviness of hips as you exhale. Continue this breath observation, using the breath to be your anchor. If your mind wanders drop judgement about it, and come back to the breath. I’ll call you back out in a few minutes.”

**12:08-12:10**

**Call the students back to the physical space.**

Say something like “deepen your breath, become more aware of your body in this space. Drop your chin to your chest, bring hands together and rub them together. Take the hands to the forehead, massage the temples then slowly open your eyes and lift your gaze.”

**12:10-12:12**

**Introduce topic, explain benefits and demo** (if necessary)

Say, “today’s idea we’re playing with is called yoga nidra. This is a type of systematic meditation, typically done in a yoga environment, in savasana pose, that creates deep relaxation in the body. It can be helpful to do before bed. The pillars of it are simple and you guys are attuned already to breathwork. The pillars of yoga nidra are breath observation and body relaxation, part by part. By releasing the body physically, we are also releasing long held emotions. As always, we invite in NONJUDGEMENT of self, others and the practice. You might enjoy this most laying down. Today’s specific example in language is from **Brett Larkin**. Let’s begin. Close your eyes.”

**12:12-12:26**

**Guided Meditation**

* Just give yourself a moment to tune in and notice your breath. And if you are exhausted or you are anxious, I want you to let go of those labels and those words.
* Like I’m so tired, or I’m so worried.
* Let go of those words and what those words mean and their connotations, and instead just really tune in to how your body feels, with no labels.
* Does your right hip feel heavier on the floor than your left? Do your shoulders feel achy, does your jaw feel tired, what’s physically happening, without judgment or labeling, just really be in your body.
* And then I want you to make your breath a little bit bigger.
* I want you to inhale, feel your belly rise. And then the hand on your chest rise, and pause, and exhale. Just let gravity take more of you.  
  Inhale belly, ribs, chest, fill up, breathe in big, exhale think surrender.
* Inhale big. Exhale, just think release.
* You can be breathing out of the nose or the mouth, your choice. A few more, inhale.
* Just challenge yourself to inhale a little bigger than you normally would, and exhale, let it go.
* Last two, breathe in, get really big. Maybe think let… Exhale all the way, maybe think go.
* Inhale, breathe in big, invite sensation into the body, just feel whatever you need to feel, big, and exhale, give yourself permission to release as you breathe out.
* Let your breath just do what it will now.
* **Starting from feet, guide their bodies into relaxation. You can say something like, ‘bring your awareness to the area of your feet, both left and right. Feel where the feet contact the ground, the space around the space. Tell them to get heavier, let gravity take over. Let this area of your body go on your next exhale.” *Continue all the way up the body. Guide them to tell their muscles and body to relax, even in the face.***
* To call them out, try saying things that are vary visual in nature, like this
  + “Just feel yourself and let yourself be held. In the most nourishing ocean that’s just vast intelligence, where everything is uncoiled. Loose, slack, supported. At peace. And tell your whole body, relax.
  + Allow yourself to feel heavy, like lead. Feel like you’re being breathed. I want you to cultivate the subtle sense that your body is recharging, refueling. Just held in this healing space, whether it’s ocean or light, whatever you wanna visualize. Whatever you wanna visualize, you are supported, suspended, recharging, refueling.
  + Take the next 15 or 20 breaths just to refuel as much as possible.
  + ***Imagine every body part recovered, refueling. Every cell refueling and renewing.*** Every thought you’ve ever thought renewing, and turning into something more gentle.”

**12:26-12:30**

**Close out**

Thank your students for practicing, for cultivating this safe and serene space for themselves. Ask if there are any questions or individually ask how everyone’s experience was. Groups usually do well if you ask yes/no, such as “how many of you feel relaxed? How many of you feel softness in your body?” but you can try open ended questions too, like ‘how do you feel?’ ‘how will this meditation impact the rest of your day?’

Namaste