

# Energy Release



**EQUIPMENT** Relaxing music and mats (optional)

**SET-UP** Participants quietly sit or lie down on the floor a safe distance apart from each other in the activity area. Consider dimming the lights.

## ACTIVITY

- Direct participants to close their eyes, with their arms by their sides, palms facing forward or upward. Guide participants through the following breathing meditation:
  - Think of a colour that makes you feel comfortable, peaceful, and relaxed.
  - Inhale through your nose, keeping your eyes closed, breathing in that colour.
  - As you exhale, imagine the colour moving down your throat, into your neck and chest, down to your stomach, and so on until you are filled with the beautiful, peaceful, wonderful colour, and you are relaxed and calm.
- Have participants remain in this relaxed pose for up to five minutes (or an appropriate time).

