



CHAPTER TWO

Try Guided Meditation

Guided meditation is led by a leader. The leader gives step-by-step directions. There are different ways to practice guided meditation. Participants can listen to a tape. They can watch a video. They can go to a class.

Try “The Balloon”:

- Sit or stand. Pretend your belly is a balloon.
- Breathe in. Fill your belly with air. Make your belly as big as you can. Stretch out your arms.
- Hold your breath for 4 seconds.
- Slowly breathe out the air through your nose. Make a hissing sound like a balloon. Feel your body relax.



Tip: Pretend you're being pulled from the top of your body. Stretch your body.