

A Simple beginning: NOTE Music Choice, ambiance of comfort, simplicity and aromatherapy.

I invite you to set your own intention to use this time for yourself as you are now... Let the days thoughts about what you need to do, slip away for now, they will always be there and you address them later. I invite you to become ware of your surroundings: noises in the room, but we won't focus on them either. Please be aware of your body, and underneath that is the Earth – with a life-force called gravity – or what I call mother natures hug. I invite you become aware of the weight of your body and to fall into that hug and fully accept the support.

At the same time, I would like you to notice your breath and notice that it happens without you thinking about it. And from the heart centre or your truth in the middle of your chest, I'll invite you to take a breath and become ware of a focus or intention for the session, whatever is in your present moment of awareness.

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