

# Imagery

This exercise is designed to help you relax...  
Think of a place- for example a forest, woods,  
lake, sunset/sunrise or another special location that  
you find peaceful and relaxing... And take a trip  
there now!

Get into a comfortable position  
Close your eyes

Focus for a minute on your breathing

Now go to your special place...  
Think about it...see the place, smell it, hear all the  
sounds, feel it all around you...  
Take in all the surroundings!  
Enjoy the beauty and your special place!

Enjoy your fantasy place...  
Embrace the moment and the situation!  
Relax and enjoy...

Stay in your favorite place for a few minutes...  
Allow the place to feed you with positive thoughts,  
new spirits, more energy and...

When you are ready, you may return slowly...  
Take a minute to open your eyes and readjust...  
As you feel reenergized, refreshed!

You may return to your place anytime!