

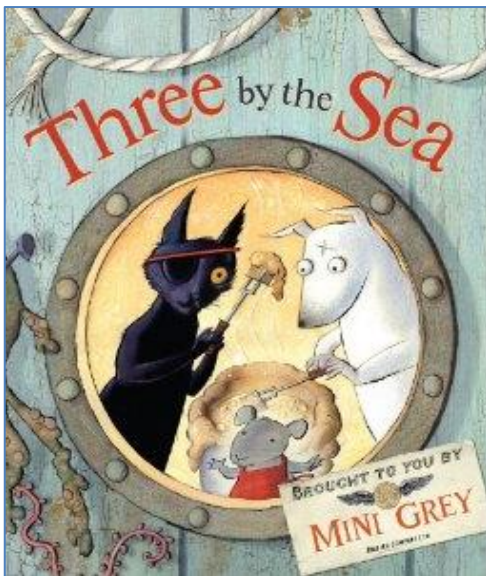
# Bookworm YOGA

Getting Bendy with Great Books!

proudly presents  
a relaxation to conclude

## Three by the Sea

by Mini Grey



Lie down on your back so that you're comfortable.

Let your legs flop open, and let your arms relax alongside your body.

Close your eyes. Breathe in and out.

Feel your chest and your belly rise and fall with each breath – up and opening when you breathe in, down and contracting when you breathe out.

Concentrate on your breathing. Breathe in and out. In and out.

While you're resting, think about our story, Three By The Sea.

Feel the sea breeze gently cooling your skin. Smell the salt air and the hint of herbs. Listen to your breathing – it sounds like the waves lapping at the shore.

Think about the friends together in the beach hut by the sea. See them working together, taking care of each other.

You are good at working with others as a team. Think to yourself, 'I'm a good team member.'

You take care of others. Think to yourself, 'I am caring and kind to my friends and family.'

You sort things out when there are problems. Think to yourself, 'I can handle problems and solve them together with my friends and family.'

Breathe in and out, like the waves on the shore. Now open your eyes, feeling calm and centred.