

Now everyone will close their eyes to focus attention and feel their bodies. In order to do this, we are going to breathe in air slowly through our noses, feeling how our bellies expand. We will hold our breath a little and release the air slowly through our mouths or noses. We will continue to breathe in through our noses slowly and breathe out through our mouths or noses.

We will take three slow breaths in silence.

At the fourth breath, we will go back to the guided discourse.

Now when we breathe in the air we are going to imagine how the oxygen that enters through our nose travels through our airways to our lungs. We breathe out, and notice how the air leaves our body.

We breathe in again, and notice how the air in our lungs enriches our blood and goes to our heart. We exhale, letting the air out of our body again.

We breathe in again, and notice how our heart distributes air through the arteries to the last corner of our body. We exhale again, and feel our heartbeat relax.

We breathe in once again and feel how our heart is our sun that evaporates the water from the sea and distributes it through our arteries, as if they were clouds that soak and water every corner of the body. And we breathe out.

We breathe in, and imagine that blood through our veins goes down from our heart through our trunk, our leg, our foot until it reaches our toes, bringing that oxygen you breathed in through your nose to every millimetre of your body. We breathe out one more time.

Then we breathe in, and our blood goes back to our heart through our veins, as if they were a great number of streams that come together to form a great river. And we exhale again.

We take a few seconds to inhale and exhale, slowly.

We breathe in, and imagine now how one of those little drops of blood goes to our intestines, where it is nourished by the salts and minerals we have for breakfast. And we breathe out, allowing our blood to go back to our heart to continue feeding the rest of the body.

We breathe in, and imagine how the liquid we have drunk is providing our blood with water. And we breathe out.

We breathe in once again, and imagine the blood reaching our kidneys, where it deposits waste from the body to be expelled later through urine and sweat. And we breathe out.

We breathe in and help our heart to continue with the cycle and, remembering this journey mentally, thank each of the parts of the respiratory and circulatory system for being so important to life. And we exhale the air.

We breathe in once again and thank our heart so that it does not stop working at any time, day or night, and during holidays... and so that it continues to work every second of our lives. And we exhale the air from our body again.

Finally, we breathe in again, and mentally thank the water and air that life offers us. And we breathe out.

We breathe in and out again in silence, slowly and with deep breaths three times.

We come back to our bodies and open our eyes little by little, slowly moving our fingers, our limbs... allowing each organ to awaken, slowly and calmly.

We turn off the music and thank them for their participation.