

To get started, you can :

- Make yourself comfortable in a quiet, pleasant place;
- Take the time to close your eyes;
- Concentrate on your position, your reference points on the seat/support;
- Become aware of your breathing and make it more and more comfortable, pleasant and deep;
- Bring your attention to the different parts of your body, from the head to the feet, and relax them to the rhythm of your breathing;
- Enjoy this progressive relaxation;
- Think of something / someone / a pleasant place;
- Detail it to gather as much information as possible and try to capture sensations, positive and pleasant emotions;
- Enjoy this moment of relaxation;
- Return to your daily routine, breathing a little harder, faster, moving from your feet to your head;
- Resituate yourself in the room, in time;
- Open your eyes once you're ready;
- Appreciate the sensation you feel;
- Eventually, write down your impression.

