



Video Transcript

Breathwork For Restful Sleep

Okay, here we are. The day is done. And it's time for you to drop in and receive a nice restful sleep.

And this meditation is going to guide you into this rejuvenating sleep space. So before you do in this meditation,

I recommend being fully prepared for bed. Teethbrushed, final bathroom go, lights out, and really let yourself snuggle in and get really comfortable.

You know, setting yourself up to just drop into deep relaxation and then to drift off. And if you need a moment too,

you can feel free to pause the audio and come back when you are all settled and ready for bed.

And so if you are all settled and snuggled up,

you can begin a process by taking some nice full inhales all the way into the body. and as you breathe in nice and deep and then exhale it out i really encourage you to see if you can extend your exhales here just a little bit longer i'm breathing in and then exhale out and let that exhale be an invitation to start the process of letting the day go.

Feeling free to add a sigh here and there as you feel called to. Letting that exhale and sigh, that combination, start to bring you relief from the day, letting it begin to help you release any tension or tightness you may be holding onto.

Don't be afraid to let those sides be nice and big because maybe you had a big day. Maybe this is the first time even though it was the end of the day. Maybe this is the first time you're really getting a chance to breathe nice and fully.

So, ah, keep on to go, knowing that it feels good to let go, and it's time to let go. You don't have to hold on to this day,

and you don't have to hold on to the past. And the breathing that we're going to be doing right now, it's going to support you in this release. So start to ease that breath in with the breathing pattern of breathing into the lower abdomen,

then breathing into the upper chest. Inhale, inhale, exhale. Inhale, inhale, exhale. really setting the intention to clear and cleanse away.

Feeling that breath enter further and further into your body and begin to soften and open so that you can really release.

and it's normal especially if you've had a little bit of a contracted or intense day it's normal if you can feel a little constricted around the breath at first and it does feel like more work to stick with the breathing pattern but stick with it keep going knowing that the breath is here to love and nourish and support you.

And so as you keep easing it into your body, it's going to help you ease away. All the worries, all the to -dos, all the I'm not enough.

The breath is just going to soothe it away, cleansing and clearing, gentle and easy. Just like that, you get to let it go. You don't have to hold on to it. Any experiences that maybe we're a little uncomfortable today, give them over to the breath.

Give it over to the breath and set yourself free and let your mind and your nervous system just receive that sense of relief.

The day is done. You did great. You did amazing. You did your best. You can honor that and appreciate yourself.

You can feel good. You got through another day. Here you are. No matter what happened, here you are. Breathing, showing up for yourself.

That's really a beautiful thing. So continuing, easing a little bit more breath here. Just for like the next minute or two,

I want you to pull in even more breath, maybe, you know, four or five percent because that breath is going to really do some great work on helping you release any tension or tightness so let it get in there a little bit further into your body a little bit more fully expanding and stretching beyond that tightness or tension you can bring in another sigh if you need to sound is so beautiful at helping us release and

let go so don't be afraid to engage your voice and yeah i just stick with that breath soothing clearing cleansing relaxing your nervous system relaxing your mind letting the breath move and clear and then as you just feel that that release any of that frenetic chaotic energy from your day as you feel it just melt away from your nervous system If you feel your mind start to slow just a little bit,

you can let the breath start to rock you and lull you and coo to you and softness and gentleness. Easy, mantle, slow. It's safe to let go,

to drop into a deep space of rejuvenation. It's safe to relax.

You're safe, you're held, You're rocked, you're loved, your mind can take a break, turn off, rest, rejuvenate, find peace, find stillness. I will do just a few more breaths to clear any residual tightness or tension to clear it bringing that body into this beautiful rejuvenating space your sigh if you feel like sighing again can just be so gentle and so easy as everything in your entire being starts to slow its pace down even further.

Slow, easy breaths. Deep inhales. Taking your time to unwind to drop further and further within just a little bit longer with the octave breath really letting it just loud and coo to you with how wonderful and special you are what a gift you are to this world nourishing,

loving you, preparing you for this beautiful restful love -filled dream space of deep rejuvenation,

holding that intention to drop off into this beautiful sleep space so that you can wake tomorrow feeling rested and ready for what's next.

right now you don't have to worry about anything but your breath and the way it's coaxing your entire body into softening and surrender and then you can let go of that breathing pattern.

Maybe you want to do one more sigh. As you close down your thoughts even further, slipping off into restful healing, nurturing space right before the deep of sleep.

All your senses heavier and heavier as you drop further and further within further and further and further deeper and deeper And just a little bit further, further, deeper. Sleep while.