

Guided Relaxation

"Calm Kitty"

Take in a nice deep breath and feel your belly expand. Let any thoughts or worries leave your body as you exhale.

Now imagine yourself as an adorable kitty cat - the softest, sweetest kitty you can imagine.

What color is your fur? Is it short or long? Do you have stripes?

Just imagine how soft and adorable you are!

Pay close attention to your paws now as you walk. Your long tail helps you balance perfectly.

Now, imagine jumping up on a rail. Notice how gracefully you do it and how lightly you land on your furry feet - one paw in front of the other. It's so fun to be a kitty cat, exploring and feeling adventurous.

Imagine you've spent the whole day exploring and having fun, and now it's time to relax and take a nice afternoon nap. In the corner of the room, you'll see your special soft bed. Imagine jumping down from the railing now and padding gracefully over to your nice, warm bed.

To make yourself comfortable, you decide to circle around the bed a few times. You're making sure it's nice and perfect to settle down in.

The bed feels so thick and comfy and you knead your paws into the bed to make it extra cozy.

You turn a few different times to make sure your position will be perfect and then lie down for your nap. It does feel soft and cozy here in your warm kitty bed.

You feel so calm and happy inside, and you start purring like happy little kitties do.

This feels so nice in your body as it vibrates from the top of your head all the way down to your fluffy tail. The vibrations from the purring make you relax even more.

Stay here for as long as you like... just enjoying the feeling of peace and calm that fills your entire body. You might curl your body up in a ball or you might **STRETCH** your furry body and roll over to your other side.

Just spend time enjoying this wonderful relaxing feeling.

Most cats are very content and nothing bothers them. They rarely have a care in the world! Doesn't it feel so good just lying here without any worries and nothing to do?

When you're ready, you can open your eyes and give your body a big, giant stretch.

What a peaceful time you had as a calm, happy kitty!

