

Healing Relaxation for Children and Adolescents

Support for faster dissolution of shocks and negative stress

Yashi



SUGGESTIONS FOR USAGE OF THE HEALING RELAXATION

When possible, at the beginning it would be very helpful to use the healing relaxation twice a day. The child or adolescent can then later use the exercise once a day, entirely at his or her own discretion. From the beginning, you can support your child by being ready to participate yourself. With you involved, your child experiences a sense of community, and doesn't feel he or she is the only one affected.

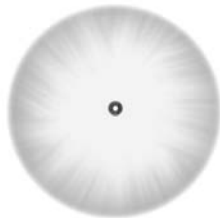
During the exercise your cells will become more and more radiant



1) Cells before the exercise

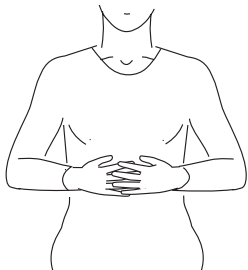


2) During the exercise

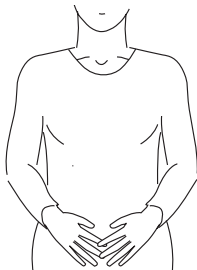


3) One day the cells will always shine like this

During the exercise, place your hands as illustrated below:



1) Hands on your upper belly



2) Hands on your lower belly



3) Hands on your chest



4) Hands on the side of your head

Light radiates from the middle of you palms like this

