

SCHOOL OF CHILL

The Magic Elephant Breath

Age: 3+

Benefits: Calming, good for bedtimes

Intention: The combination of the forward fold, the breathing exercise and visualisation make this a great chill-out for bedtimes.



Stage 1: Before you become the elephant, we have to create the magic. An adult if necessary should make sure there is nothing within in touching distance of you (apart from the floor).

Stand with your hands at your side, and close your eyes (because the magic is shy). Take a deep breath in as you reach your hands up to the stars and pull them down to your heart as you breathe out.

Take a deep breathe in again as just one arm reaches up to take a big handful of stars. As you breathe out, feel your hand full of stars drift down to the ground, like an elephant's trunk. Arm first, then your back, folding forwards from your hips.

Stage 2: Your knees are softly bent. Your other hand rests on your lower back, like a tail. The back of your hanging hand is resting on the floor, like a trunk, so you look something similar to the picture above. You are an elephant now and you have magic in your heart.

For further chill-outs, check out www.schoolofchill.com



Stage 3: As you breathe in, through your mouth only. Imagine that you are sucking the hand in front of you towards your mouth. Feel it rise up to meet your lips. Feel the cool breeze drift past your lips.

Now breathe out and feel your hand gently lower to the floor.

That cool breath is Magic Water. You can't see it because it's magic, but you know it's there because of the cool feeling on your lips as you breathe in.

Try it again, but this time we're going to send some of that magic in your heart out to the cool Magic Water on the floor. Slowly breathe in, careful not to spill any. Feel that cool breeze on your lips and tongue.

Now breathe out slowly, lowering your hand to the floor, the magic from your heart is in your hand. Imagine it mixing with the water and the colours it makes.

Repeat this exercise 3-5 times. Remember to breathe in slowly and feel the cool breeze in your mouth. Breathe the warm magic from your heart slowly down to the water. Try not to hold your breath, just let it flow.

When you are finished, slowly lower yourself to kneeling and then roll down to lay on your back and let your breath return to normal. You may notice a softness in your legs, a calmer mind and coolness on your tongue? How else do you feel different?