

Just b

Guided Relaxation

Elizabeth Irvine | Supply List

There are no required supplies for this class, but you may want to prepare for the class by doing the following:

- make sure that you have fifteen minutes of uninterrupted time and space.
- create a cocoon for yourself:
 - set the tone.
 - set the space.
 - create a comfort zone.

Gather the following:

- comfortable clothing.
- a light blanket (to cover up, as your body temperature drops when you relax).
- yoga mat, a bed or couch (so you can lie down and be comfortable).
- candle, little stick of incense or an [essential oil](#) (to set a ritual and engage your sense of smell).

Most importantly, creating “sacred space” to feel secure and at ease is another way to ensure that this fifteen minutes a day feels dreamy to you. YOU are worth every ounce of time and energy invested!

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