

Week 6 Relaxation Maureen

Here are two You Tube clips to aid relaxation :

Hey Bear Sensory. Two hours of classical music with high definition animation.

Best relaxing garden in 4K Butterflies Birds and Flowers

A darkened room with less distraction will help with the visual focus.

And/or :

Massage. Deep and slow, rhythmic massage movements. Cream or oil to assist smooth movements. Maybe feet?

