

Waves on the Shore

Instantly calming, Waves on the Shore is a visualization that takes you away to distant warm beach, waves lapping at your feet. The rhythm of the waves begins reflecting itself in the rhythm of your breathing; you begin to breathe from your belly up to the top of your chest, in a relaxed, rhythmic motion. This visualization beautifully prepares you for *Core Breathing* and *Green Level* breathing where you are learning to relax your breath. It also helps you learn to pace your breathing, so it complements *Yellow Level* practice well. It's good to have mastered *The Wave* breathing exercise first, but not necessary. If you're having trouble with *The Wave*, the visualization can help with that. For best results, try *Waves on the Shore* to an audio CD of slow rolling waves. Great before meditation, for sports or for anyone with breathing issues



Main Benefits:

Paces and relaxes breathing; trains breathing with the whole body; instantly calming; focuses the mind quickly.

Body Parts Used by This Posture: Abdominals; Chest – front, back and sides; Neck and Shoulders (somewhat).

Combines Well with: Hip Opener, Leg Overs

Compensating Pose: Leg Fold 1

Warms You Up for / Builds You Up for: Core Breathing; *The Wave*; Yellow, Green and Blue Level Breathing Exercises; *Peace in the Stillness* meditation; Yellow, Green and Blue Level Breathing Themes.

Build Up to with / Warm Up with: Abdominal Lifts 1 or 2; Breathing Warm Up 1, 2 or 3; Complete Breath, Simple Breath, Simple Side Bend, Wood Chopper 1, 2 or 3; Chest Expansion 1, 3 or 3; Bust Expansion; Cat 1 or 2; Puppy; Sun Salutations; Abdominal Breathing; Chest Breathing 1, 2, 2b; The Wave

Best for Flexibility or Strength: Flexibility

Traditional Pose Type: Breathing Exercise; Meditation

Good for These Practice Goals: Asthma; Singing; Voice Work; Better Breathing, Better Sleep, Bus, Office and Chair Friendly; Calming, Energy Healing; Pregnancy Fitness; Seniors' Yoga; Sports in general, especially Running, Biking, Swimming, Martial Arts, Golf; Clearing, Cleansing & Energizing of the Root Chakra; Chanting & Meditation Warm Up; Dropping Stress Quickly; Focusing Quickly

Recommended for These Health Conditions: arthritis & osteoporosis in general; compressed disc in middle or lower back; allergies, asthma, bronchitis, lung removed, pneumonia, rhinitis; cancer; fibromialgia, headaches & migraines; heart condition; high blood pressure; IBS; chronic lower back injury, menopause & pre-menopause, menstruating (having your period) at this moment; pregnancy; sleeping difficulties; hyperactivity; attention deficit

Energy Center Used: Mostly Root, but also includes Belly, Solar Plexus, Heart & Throat.

Alternative Exercises: The Wave, The Fountain, Step-by-step Relaxation, The Sponge





Try Learning First: Abdominal Breathing; The Fountain; The Wave

Waves on the Shore

This is a simple visualization that can be done anywhere, any time you need it. For any session it as long as you like. 1 – 3 minutes is good.


Tip The visualization goes even better if you do this to the sounds of waves on your audio player. To use music to enhance the experience, choose something with gentle, slow rhythms and minimal melody.

2. Imagine you're on a sandy beach

-  The sun above you is warming your skin.
-  The sand below is supporting you, gently warming you.
-  Take time to feel the warmth, the sand,
-  Hear the waves lapping at your feet.






3. The Visualization For Every Breath

1. Lying back, sitting, standing

 Take time to settle comfortably into place. It will help if:

- your neck, spine and hips are lined up with each other
- and if you arms are by your sides or resting on your thighs.
- This will keep your breathing open and relaxed.



-  As you breathe in, feel the waves rolling up along your body, soothing you with their warmth.
-  As you complete your breath and pause, the waves break at your shoulders.
-  The waves retreat down your body,
-  drawing your breath away with them
-  taking any tension from your body down your legs, out your feet and out to sea.