Top Tips.
Leading a Relaxation Session.

When delivering a session, it’s important to have a clear and relaxed voice. This will not only help to create a relaxed atmosphere, but will support the delivery of guidance and instructions. How we say things and the way in which we deliver them actually has a bigger impact than what we are saying.

So, using your voice in the right way can impact the environment and the people around you. During relaxation sessions you will use your voice to give permission, enhance the relaxed atmosphere and support people to feel comfortable.

Language

**Tone:** Describes the ‘pitch’ of voice. Pitch refers to the vibrations you create when you speak – whether these are high or low. People can speak from their ‘throat’ or from their ‘stomach’. This changes the pitch from being high and forced to low and natural.

**Speed:** The speed of speech varies for everyone, but in a relaxation session the speed of speaking should be slowed down to create a relaxing and calm ‘paced’ atmosphere.

**Words:** Support the atmosphere. Positive words promote feelings of happiness and calm. Clear instructions are vital!

Have a go!

“Move to where you feel comfortable”

“Ease into the movement, working to where feels natural for you”

“We only lose what you cling to; acceptance is essential”

“Focus on what feels right for you”

“When we get too caught up in the business of the world, we lose connection with one another, and ourselves”

“The mind is just like a muscle: the more you exercise it, the stronger it gets and the more it can grow”

“Life isn’t about waiting for the storm to pass, it’s about learning to dance in the rain”

Phrases

During a relaxation session, the phrases we use can help to praise people and put them at ease.

We have provided some phrases commonly used in relaxation sessions.

Why not have a go and use some of them in your next session?