

Virtual Vitality Practices

These practices are invitations to participate. Always listen to your body and mind and do what makes you comfortable.

Comforting Touch

For this meditation, please gently place one hand over your heart, simply feeling the warmth of your hand.

If you wish, place both hands over your heart. Feel the natural rising and falling of your chest as you breathe in and out.

In this practice, feel free to explore where on your body a gentle touch is actually comforting. This is personal.

You could try placing one hand on your cheek.

Try cradling your face in your hands.

Try gently rubbing your arms.