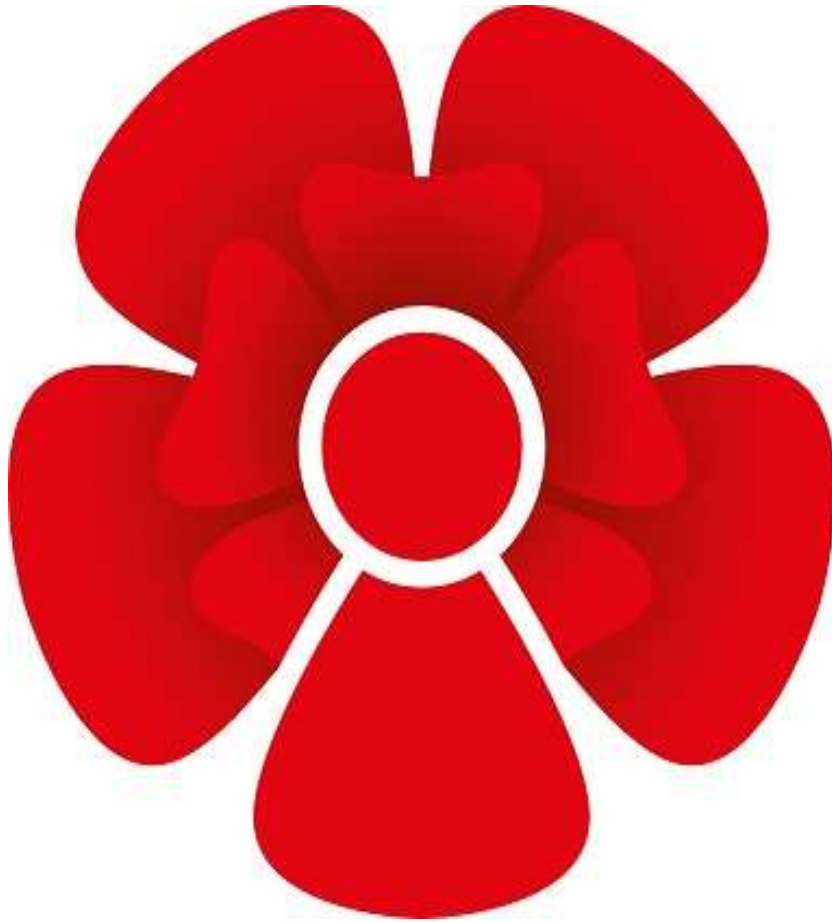


HSOH School of Hypnotherapy



RELAXATION ONLINE TRAINING MANUAL



Relaxation Online Training

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Relaxation Script

While you are resting in this very pleasant way, I want you to imagine something. I want you to imagine that you are standing on a staircase of a hotel. Just imagine now, that you are standing on a staircase, in a hotel. The stairs are covered with a lovely carpet and you feel so calm so relaxed.

You begin to come down those stairs, and as you go down those stairs you find yourself becoming more and more relaxed. You continue down those stairs until you find yourself on the ground floor.

When you reach the ground floor, you walk across to the main entrance. The doors open, and out you go into the fresh air, feeling very calm and relaxed. As you stand on the steps outside the main entrance, you see, in front of you, an expanse of greenery. Trees and flowers. This hotel seems to be on the edge of a paradise.

You stand there for a few moments, breathing in that fresh air. Feeling the warmth of the sun. And generally feeling good. Something about this place makes you feel at peace. You feel calm and relaxed. You feel at home.

You start to walk now. And as you do this, so you feel the warmth of the sun as it shines down upon you. And you feel the coolness of a gentle breeze, wiping away the excessive heat from that sun.

You continue your walk, past the trees, and the flowers. You can almost smell those flowers as you walk past them. You feel calm, and relaxed as you walk along. It's such a lovely day, and you feel good. You continue your walk and you reach an expanse of greenery, you look over and there, laid out in front of you, is the greenest grass you ever saw. And this grass runs down to a golden, sandy beach, where you can see the pale blue water, lapping along the edge of that beach.

You decide to sit on the grass for a while, just to enjoy this place. At this point you put your head back and close your eyes and just drift deeper and deeper into that relaxation.

And as you close your eyes, so you become aware of the sounds of nature. You may hear the birds, as they sing in the trees. You can hear that gentle breeze, as it rustles the leaves of the trees, just enough to allow its presence to be felt. You can hear the waves as they lap up onto the sands of the beach. You feel so calm so relaxed.

And as you lie there listening, you begin to feel healthy, fine, calm and relaxed. And as you lie there, slowly, the surrounding noises, and the surroundings themselves, slowly begin to fade away. The noises begin to fade more and more, as you just drift deeper and deeper into that relaxation. Nobody wanting anything, nobody needing anything; this is your time, time for you. Deeper and deeper into that relaxation. You feel so calm so relaxed.

And as you rest there now, you become aware of the warmth of the sun. You can feel it penetrating deep into your body. As you rest there quietly and peacefully, you feel the warmth of the sun penetrating deep into your body.

And as that warmth penetrates deep into your body, so it seems to be able to search out, from deep down inside you, all your worries, all your fears, all your problems and difficulties that have been intruding on your consciousness; you can feel them being lifted from you. All your worries all your fears, being lifted from you and blown away in that gentle breeze.

As you rest there, relaxing, so the warmth of the sun is searching out, from deep down inside you, all your bad feelings. It brings them to the surface of your body, and there, that gentle breeze just lifts them all from you, and blows them right away.

And this leaves you feeling good. You can feel an inner quietness that wasn't there before. An inner peace. An inner tranquillity. And it feels good. All those tensions, all those anxieties, just lifted from you by that gentle breeze. All the doubts and fears, just lifted from you by that gentle breeze and blown away. And all you are left with is the peace, the quietness, and the tranquillity. And it feels good. So very, very good.

And this peace and quietness that you feel now, is going to remain with you. It is going to remain with you and grow stronger and stronger. And this is something you are going to become very aware of. You feel that peace now and you are going to feel it getting stronger and stronger as each day goes by. And the strength of that peace is going to give you the strength to cope with anything that life throws at you. No matter what may happen to you, in any walk of life, you'll be able to deal with it well, because that peace, that perfect peace that you feel now, is going to remain with you, and grow stronger and stronger as each day passes.

So, I want you to enjoy that peace now. Just rest there for a few more moments, enjoying this wonderful peace and quietness. Feel the freedom this gives you. Feel the relief it brings. Just rest there now, for a few more moments, enjoying these things...



We hope you have enjoyed this short course and hope you will train with us again in the future. You can find out more about our training below.

Further Training

HSOH School of Hypnotherapy provides both online and classroom-based training.

Our Training Centre

Our training centre is located in Hampshire, U.K. We offer a full Diploma training course to become a fully qualified hypnotherapist as well as CPD (Continuing Professional Development) training.

Our CPD courses are also available as Live Online Training courses.

Accredited Diploma Course – [Click Here to Read More](#)

CPD Training – [Click Here to Read More](#)

Online Certification in Hypnotherapy – [Click Here to Read More](#)

Online CPD Training – [Click Here to Read More](#)

Further Resources

How To Be A Hypnotherapist

Written by Lorraine Gleeson to accompany her accredited Diploma course this book is available in paperback and eBook formats. You can purchase your copy from:

[amazon.co.uk](https://www.amazon.co.uk)

[amazon.com](https://www.amazon.com)

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