



FLOATING POINT

# Float Guide

To get the most out of your float session we have included a list of floating techniques.

## Positions

The most important thing is to get comfortable. There are only two real positions in the tank, with your arms at your side, palms down or with your arms over your-head with your palms up. Try to position your body in the middle of the tank to avoid bouncing from side to side, let your head fall back a little and your neck will relax, don't worry about your head it will not sink. (If you would like a neck support there is one in the float Pod). Once you like your position and feel comfortable try to remain still and consciously relax all of your muscles.

## Breathing

Your breath is the most effective tool for calming the mind and relaxing the body. Try to breathe primarily from your nose. At first, you can consciously take deep breaths, but once you settle into your experience try not to manipulate the breath and just observe the breath. Don't worry your body will always remember to breathe. If you have practiced any meditation or breathing techniques, floating is the perfect opportunity to use them.

## Letting go

Every person is unique and will have their own ways of letting go. We advise not to force things and not to have any expectations that something will happen. Floating is the art of doing nothing, to help clear your mind, you can focus on your breathing. This awareness will help you to relax and ultimately 'let go.'

## Visualisation

If you find it hard to let go you can try visualisation. Close your eyes and imagine getting into a large, luxurious elevator that goes down ten floors. With each number down from ten to one you drift towards deep meditation. When you reach number one, you will feel very sleepy. The elevator then opens and in front of you is a large fluffy cloud which you lazily climb onto and float away into a deep, deep state of relaxation.

Now you may have various thoughts that pop up in your mind during your float session which is normal. Now imagine that you are sat on soft grass next to a beautiful flowing river, the sun is out and you can feel the warmth on your body. Your thoughts may flow like the river, rather than overthinking just observe the thoughts as they drift past you eventually your mind will empty.

## Stillness

Being physically still helps you find a comfortable position. Remaining there combined with stilling your mind either through breath awareness can lead you into a state of holistic stillness. This can generate the perception of timelessness, your state of being will be extremely relaxed and this is when the body is in a state of healing.