**Getting comfortable and setting up for a session.**

Each session will be in two parts: getting settled and meditation.

Both can be done on a mat, resting back in a comfy armchair or leaning into pillows in bed. If you feel particularly fatigued, I suggest doing tiny, tiny versions of the movements (like no one could see you moving) or simply imagine them. Your brain will know you are doing it but you won’t expend so much energy.

To help you choose your set up and participation level, please think about the following:

* Where you are today on the Corgi scale (see below).
* How you felt after last time
* What else you have happening

**Props**

Please have a drink of water nearby.

Please have a blanket handy as you might cool down during the meditation. If it is cool, you might even like a hot water bottle or weighted blanket for your lap.

Cushions, pillows and folded blankets can go under your knees, behind your head under your feet as needed. I suggest you find your comfy, before we start and have a practice of what position feels extra supported and relaxing for you.

CORGI SCALE FOR ME/CFS

1 

2 

3 

4 

5 

(Photos by fatty corgi on unsplash.com)