

Bathtub Meditation Score



Bathing during a SOTA Session on Rest

Bathtub Meditation Score

by Nat Skoczylas

Prepare yourself a herbal tea, light candles around, and pour a bath of your favorite temperature, preferably with a drop of oil, some bubbles or a dash of salt in it. Maybe bring with yourself a speaker with some gentle, calming music - (meditation music is always a safe bet, you can also try sounds of nature, of a landscape you might be missing seeing lately).

Turn off the lights, slip into the water and close your eyes.

Focus on the sensations on your body. On the warmth of the water, and the way it feels on your skin. The silkiness of the bathtub, the scent of the oil, the bubbles tingling your skin. Breathe deeply. Let your thoughts dissolve.

Sip on your tea every now and then. Repeat until replenished and refreshed.

Bathtub Meditation Score