

# Practice Music for Relaxation

## Step 1: Find a Quiet Place



Find a quiet time and a place where you can block out extra noise. Headphones – even cheap ones – are good for this.

## Step 2: Concentrate on the Music



Start the music and either sit or lie down. Then, concentrate on the music for 20 to 30 minutes.

## Step 2: Let Music Guide You



Visualize the places and scenes it suggests. Just enjoy the sound of the music and the images in your mind.



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