

Savasana Script

Written for yoga teachers who need words for the last ten minutes of class. A full savasana — settling into the pose, releasing the body, the long silence, and a proper way out — with the pacing marked so the room isn't talked through the part that matters.

10 min · 5 segments

Ten minutes, five segments. The long silence in segment four is the pose — everything else is arranging the room around it.

BEFORE YOU RECORD

- The commonest fault in savasana is talking through it. Once the body is settled, your job is to stop — the silence in segment four should feel uncomfortably long to you and about right to them.
- Bodies cool fast once they stop moving. The prop and blanket cues in segment one are practical, not decorative; a cold student never drops in.
- Bring them out slowly and in the right order — fingers and toes, then a stretch, then onto the right side, then up. Sitting straight up from flat undoes ten minutes in about four seconds.
- If you're recording this rather than teaching it live, resist adding music with a beat. Anything with a pulse gives the nervous system something to track and works against the pose.

01. Setting up the pose

2 min

[still teaching here — clear and practical, the softness comes later]

Come down onto your back. Take your time getting there.

Let your legs go long and let the feet fall open to the sides. Arms a little away from the body, palms facing up. *[pause for 15 seconds — they are still arranging themselves]*

If your lower back is complaining, put a bolster or a rolled blanket under your knees. It changes the whole pose. And take a blanket over you if there's one nearby — you'll get cold in here faster than you expect once you stop moving. *[pause for 20 seconds]*

Let your eyes close. This is the last pose, and it's the one the rest of the practice was for.

02. Letting the body go

2 min 30

[slowing now — one instruction per breath, no faster]

Take one deep breath in through the nose. And let it go through the mouth, with a sound if you want one. *[pause for 10 seconds]*

Now let the breath go back to normal, and stop managing it. *[pause for 15 seconds]*

Let the weight of your legs go into the floor. *[pause for 20 seconds]*

The weight of your hips. Your back. Your shoulders. *[pause for 25 seconds]*

Let your jaw come apart slightly. Let the tongue rest. And let the muscles around your eyes be soft — that's usually the last place to let go. *[pause for 30 seconds]*

03. Handing it over

1 min

[the last thing you say before the silence — make it land, then stop]

You've done the work. There's nothing left to hold and nowhere to be. *[pause for 20 seconds]*

If the mind starts making lists, let it, and let the lists go on without you. *[pause for 20 seconds]*

I'll leave you here for a few minutes.

04. The silence

3 min 30

[say nothing. This is the pose. Three and a half minutes, timed — do not shorten it.]

[complete silence — 3 min 30. If teaching live, walk the room quietly or sit still; do not adjust anyone unless you have asked beforehand.]

05. Coming back

1 min

[very quiet on the first line, then build across four — never one jump]

Start to come back. Small movements first — fingers, toes. *[pause for 15 seconds]*

Reach your arms overhead and take a long stretch through the whole body. As long as you want. *[pause for 15 seconds, voice coming up]*

Draw your knees in, and roll onto your right side. Rest there a moment with your head on your arm.

And when you're ready, press yourself up to sitting — head last, so the head comes up after the spine rather than leading it.

Take a moment before you open your eyes. Thank you for practising.

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