

# **PROGRESSIVE MUSCLE RELAXATION**

**Lay down or start in a comfortable position.  
Go through the list of areas of the body and tense each for 5 seconds.**

- 1. Eyebrows - lift them.**
- 2. Eyes - squeeze them closed.**
- 3. Lips - press them together.**
- 4. Arms - stretch them long to your sides.**
- 5. Hands - clench them into fists.**
- 6. Elbows - bend arms and flex biceps.**
- 7. Shoulders - pull them up to your ears.**
- 8. Back - flex and arch your back.**
- 9. Stomach - tighten abdominal muscles.**
- 10. Posterior - tighten glute muscles.**
- 11. Legs - flex thigh and calf muscles.**
- 12. Feet - point and flex feet.**
- 13. Toes - curl toes under and then point.**

**Follow with a few minutes of  
stillness and quiet.**



# Body Sense Exercises For Relaxation

**K Morrison**



## **Body Sense Exercises For Relaxation:**

Delve into the emotional tapestry woven by Crafted by in Experience **Body Sense Exercises For Relaxation** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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