



RELAXATION SCRIPT

Begin by lying on your back with your eyes closed. Allow your feet to fall slightly apart with arms relaxed away from your sides. Scoop your tailbone under and position your hips and tailbone comfortably on the floor. Turn the faces of your palms upward toward the sky, opening your body to receiving positive energy.

Pause 10 counts.

Soften your belly. Relax your throat. Allow your jaw to fall open, bringing your tongue to rest behind the bottom teeth.

Pause 5 counts.

Feel the weight of your body settling into the ground. SLOW YOUR BREATHING. Draw all of your senses to your breath, as it moves inward and outward...your lungs expanding and collapsing with each inhale and exhale. Be fully present with your breath, and feel the spaciousness inside of your body. Perfect. Continue your breathing, focusing on nothing but the rise and fall of your belly.

Pause 20 counts.

I want you to continue this breathing for another minute or two. Take a long slow deep breath in through your nose. Right you fill your lungs all the way up and belly

is fully expanded, HOLD YOUR BREATH FOR JUST A MOMENT....

With an audible “huhhhhh”, exhale it all out through your mouth.

PAUSE.

Allow your breath to carry away all stress and tension as the stale air seeps out of your lungs.

PAUSE.



Take another slow breath in through your nose. Fill your lungs completely. Hold it for a moment...and release the breath through your mouth again, this time with an audible “ahhhhhhhh”. Empty your lungs completely.

PAUSE.

Take a third deep breath in. Hold it for a moment, now let it go.

PAUSE.

Notice how your body has already experienced a transformation. The tension in your body has begun to disappear, and you are loose and relaxed. Slowly let your breathing rhythm return to normal...and rest.... This relaxation will take you through steps where I will ask you to tense various muscles throughout your body, followed by releasing them. Please do this without straining. I do not wish for you to exert yourself, or to further injure anything that is aching or hurting at the current moment. If there is discomfort, simply let those body parts rest when that time comes, do not tense them.

PAUSE for 5 counts.

Bring your awareness to your feet and toes. Breathe in deeply through your nose, and as you do, gradually curl your toes down and tense the muscles in the soles of your feet. Hold your breath for a few seconds.....now release the muscles in your feet as you exhale. Feel the tension in your feet become nonexistent, and let your toes fall limp. Notice how different your feet feel when tensed and when they are relaxed. Inhale deeply once more... tense the muscles in the soles of your feet and hold this for a few seconds.....

PAUSE... Now release.

Feel whole body becoming heavier, looser and softer with each moment.

PAUSE.



Now bring your focus to your lower legs...to your calf muscles. Simultaneously with your breath, flex your feet up towards your knees and tighten these muscles. Hold them right there.... and now let those muscles fall limp as you exhale. Once again, draw in a deep breath...and tighten your calf muscles. Hold for a few seconds, and then let them release. Let your feet flop outward, and feel the tension washing away with your exhales.

PAUSE.

It is now time to tighten the muscles in the front of your thighs... your quadriceps. You can do this by trying to straighten your legs. You'll feel the muscles pulling your kneecap upwards. If you are seated, you can tense these muscles by pushing your heels down onto the floor.

PAUSE.

Inhale with a deep breath in, and tense the muscles in your thighs. Hold for just a moment, and then let go of everything as you breathe out. You may notice a warm tingling sensation. This is due to an increase in blood flow and circulation in your muscles. Enjoy this soothing feeling in your thighs. Again, breathe in deeply and tighten your thigh muscles. Hold for a moment. Now release. Focus on letting your muscles feel like Jello...limp and loose.

PAUSE.

Draw in a nice deep breath and gradually tighten the muscles in your buttocks. Clench tightly...keep clenching... and release with your breath. Feel the tension leaving your muscles. Feel them relaxing completely. Let's breathe in deeply again and tighten the muscles in your buttocks. Hold for a moment. Now let go. You are becoming more and more intensely relaxed.

PAUSE.



Draw in another breath, and this time, gradually tighten all the muscles in your legs, from your feet to your buttocks. Do this in whatever way feels natural and comfortable to you. Hold it...keep holding tightly....and release.

PAUSE.

Now bring your awareness to your stomach. Draw in a nice deep breath and then tighten these muscles ever so firmly. Imagine you are trying to push your bellybutton down toward your spine, pressing against the earth. Exhale. Notice how your belly collapses. Once again, draw in a deep breath and then squeeze your abdominal muscles. Clench for a few seconds... and then let your abs relax as you exhale and feel the tension float away.

PAUSE.

Next let's move to the muscles in your back. As you slowly breathe in, arch your back ever so slightly and tighten these muscles....Now release your breath and let your muscles relax into the ground. Again, draw in a deep breath and then squeeze your back muscles. Imagine those muscles wrapping around your spine. Now feel your muscles gripping each other for a few seconds...and then let them relax and release.

PAUSE.

Now give your attention to your neck and traps. As you slowly draw in a nice deep breath, shrug your shoulders up towards your ears and squeeze these muscles tightly. Exhale entirely, and allow your contracted muscles to become limp and loose. Again, pull your shoulders up towards your ears and strongly squeeze...keep squeezing...draw up a little tighter...now let GO. Feel tension subside as you relax and breathe out.

PAUSE.



Feel the heaviness in your body now. Let this feeling sink in...all the way in. Feel yourself becoming more and more deeply relaxed. You are calm, secure, at peace.

PAUSE.

Now it's time to let go of all the tension in your arms and hands. Let's begin with your upper arms. As you breathe in, bend your elbows, and bring your wrists towards your shoulders. Squeeze your biceps. Hold this contraction for just a moment...and then gently lower your arms and breathe let go of your breath. You may feel a warm, burning sensation in your muscles when you tighten them. It should feel so relaxing to exhale away all tightness. As you curl your upper arms again, clench the muscles as you breathe in. Breathe in deeply.

Now let your arms collapse into the ground, breathe out.

PAUSE.

Now focus your senses to your forearms. As you breathe in, curl your hands inwards as though you are trying to touch the inside of your forearms with your fingertips. Now feel the tension diminish with your exhale and release. Again, with your inhale....tighten the muscles in your forearms. Hold it for a moment...and release them. Feel the tension washing away.

PAUSE.

Now, take another breath in and tightly clench your fists. When you have finished breathing in, hold for just a few seconds, and then release. Notice any feelings of buzzing or throbbing. Your hands are a source of grounded energy in your body. Feel them become very soft and relaxed. Take another deep breath in and clench your fists again. Clench for just a few seconds, and then release. Let your fingers uncoil. Your arms and hands are feeling heavy and relaxed. Take a couple of nice, loooong, slow breaths. Unwind. Feel yourself slipping even deeper into a state of complete relaxation.

PAUSE.



Let's tighten the muscles in your face by squeezing your eyes shut and scrunching your lips together. As you do, inhale in completely through your nose. Hold it...followed by exhaling. Let all your facial muscles release. Feel your face soften. Once more, breathe in deeply while you squeeze the muscles in your eyes and lips....and release with your breath.

PAUSE.

Let's narrow our focus to the muscles in your jaw. Take a deep breath in, and stretch your mouth open as wide as you can. Feel your jaw muscles extending and lengthening exhale and allow your mouth to gently fall closed. Again, fill your lungs with fresh air and stretch your mouth wide. Let your mouth relax and let your breath flood all the way out.

PAUSE.

You are now completely relaxed from the tips of your toes to the top of your head.

PAUSE.

Please take a few more minutes to rest. Scan your body..every muscle, every corner of your being. Listen to the sound of your breathing and enjoy the lovely, warm sensation of physical relaxation.

PAUSE for 10 counts.

It is time to bring your consciousness back. Take a moment to tap into your surroundings. Wiggle your fingers and toes....make circles with your ankles and wrists.

PAUSE.



With your eyes continuing to be closed, stretch your arms above your head and feet toward the opposite wall.

Make yourself as long as possible.

Now pull your knees into toward your body and give yourself a big hug.

Rock from side to side... massaging your spine.

Slowly roll over onto your right side in the fetal position.

Feel the blood flow to your heart in this position.

Gently make your way to an upright seated position, eyes remaining closed.

Take a slow, deep breath....raise your shoulders up....now drop them and exhale.

Open your eyes at your own pace.

Wonderful.

You are now completely at peace...

Calm, collected, and

confident.

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