

Sample Relaxation Exercises

EXERCISE 1

- Let all your muscles go loose and heavy. Just settle back quietly and comfortably. Wrinkle up your forehead now ... wrinkle and smooth it out. Picture the entire forehead and scalp becoming smoother as the relaxation increases Now frown and crease your brows and study the tension Let go of the tension again. Smooth out the forehead once more
- Now, close your eyes tighter and tighter. Feel the tension and relax your eyes. Keep your eyes closed, gently, comfortably, and notice the relaxation .
- Now, clench your jaws, bite your teeth together. Study the tension throughout the jaws Relax your jaws now. Let your lips part slightly Appreciate the relaxation .
- Now, press your tongue hard against the roof of your mouth. Look for the tension All right, press your lips together tighter and tighter Relax the lips.
- Note the contrast between tension and relaxation Feel the relaxation all over your face ... all over your forehead and scalp ... eyes, jaws, lips, tongue ... and your neck muscles.

EXERCISE 2

- Press your head back as far as it can go and feel the tension in the neck Roll it to the right, and feel the tension shift Now roll it to the left. Straighten your head and bring it forward and press your chin against your chest. ... Let your head return to a comfortable position, and study the relaxation Let the relaxation develop ...
- Shrug your shoulders right up. Hold the tension Drop your shoulders and feel the relaxation in your neck and shoulders Shrug your shoulders again and move them around. Bring your shoulders up ... and forward ... and back. Feel the tension in your shoulders and in your upper back Drop your shoulders once more and relax.
- Let the relaxation spread deep into the shoulders ... right into your back muscles Relax your neck and throat and jaws and other facial areas as the pure relaxation takes over and grows deeper ... deeper ... ever deeper.