



Progressive Muscle Relaxation

Hey Wellness Warriors
Welcome to a Progressive Muscle Relaxation

If possible, let's find a comfortable position lying down. If that's not what feels best today, I might ask myself, what shape will make me feel most comfortable, safe and supported? When we get there, let's honor our needs by supporting ourselves with pillows or a wall...

During this practice, we will focus on different parts of the body and the sensation of tensing... and then relaxing the muscle.

The tension can be activating- maybe the body part will feel warm or even shake- but never painful. Everything is an invitation. Let's listen to and trust our bodies to determine if any areas need to be skipped. Ultimately, you are your body's expert.

If comfortable and safe, I might close my eyes or turn the gaze downwards...

Taking a moment to bring awareness to where I am
Maybe noticing what sounds are in the space around me
What I can physically feel as I rest here
Maybe any scents that are present...

Without changing anything
I bring awareness to the sensation of my breathing
Wherever I connect to the breath most easily...

Now scanning my body...
From head to toe...
Taking note of the spaces which feel most tense
And the spaces which feel most free...

Without judgement... just noticing...

Beginning the progressive relaxation now,
Deep inhale through the nose
Curl the toes inward and hold them in position
Focus on the slight discomfort, the tension-
Relaxing or releasing if painful...
Exhale through the mouth (aaaaah) release

I notice the experience of letting go...

Point the toes upward and press through the heels

As if trying to push a wall away

Inhale, hold... 5 -1

Exhale, release

Relaxing the feet

I notice any sensations and where they are in my body

I take a deep breath in, focus on squeezing the inner thighs together

For 5-1

Exhale... relax

Inhale, squeeze the cheeks of the butt together

I might engage the mulah bandha if in my practice

(I might notice the increasing warmth) 2, 1

Exhale, letting go

Releasing my breath

Before I continue I might just sit in the experience of the lower half of the body

The feet, calves, thighs, and butt

Reminding myself there's no right or wrong way to feel

Now, I flex the muscles of the stomach

Inhale, pulling the bellybutton towards my spine and hold

5-1

Big breath out

Deep inhale, I fill up my chest until it feels full, maybe a little tight

I might even pull the shoulder blades together on my back

Hold for 5-1

Exhale

Noticing my experience of body's sensations

Ball the hands into a fist

Inhale 5-1

Release

Place the palms of the hands together

Bend at the elbow

Press the palms together to activate the arms

5-1

Drop the arms by your side

Breathe in, and pull the shoulders up by your ears

5-1

Drop the shoulders

I pause to notice the experiences of the torso and arms

Not judging what is felt

Just allowing my body to feel

Inhale, clench the jaw by pressing the teeth together

Or, if more comfortable, open the mouth as wide as you can

5-1

Release

Inhale, squeeze the eyes shut

5-1

Release the muscles of the eyes

Inhale, raise the eyebrows to “flex” the forehead

5-1

Lower the brows

Now, I might feel ridiculous

But I Scrumch my ace up- squeezing together closed eyes, nose, and mouth

5-1

Relax

And rest in the experience of the facial muscles

At ease

Finally,

As best as you can, I tense my whole body

Big breath in

The face, arms, stomach, buttocks, legs, feet...

5-1

Release... relax...

Sink into the chair or floor

Allow it to hold me

There is nothing to do

But feel...

And breathe...

Rest in relaxation as long as you would like...
Maybe place a hand on the belly, to feel your breath
And heart to feel your spirit

Thank your body for allowing you to practice
Thank your mind for being still, even if only a moment
And thank your spirit for leading you here.

This healing is yours.
It always has been. It always will be...
Thank you for visiting The Well Healing
Take good care