Progressive Relaxation/Music Activity

Sit comfortably in your chair with your hands at your side or in your lap
You may close your eyes or keep them open.
As I start the music, we will take a few moments to scan our bodies and see where
the tension and stress lies.
Let’s start with our shoulders…
What do they tell you?
Are they tense or are they relaxed?
Move down your arms now to your hands and fingers…
Does your right feel like your left?
Or are there differences in warmth or weight?
Focus on your torso…
Do you feel the air moving in and out, in and out?
Proceed to your belly…
Is there tension or is it calm and relaxed?
With every in and out of your breath allow the subtle feeling of letting go…
Be in this moment. Nothing more, nothing less.

Move down your legs now to your feet and toes…
Does your left feel like your right?
Or are there differences in warmth or weight?
If you like this feeling, imagine all your blood vessels opening up to allow warmth to
radiate through your entire body…
Take two or three more breaths and let go of everything that is not necessary for
this moment…
Take in tolerance, acceptance, love, light, color and anything needed to go deeper or
higher, heavier or lighter…whatever you need…

Now, begin to wiggle your toes and feel your feet and legs…
Notice your belly and torso…
How are they different?
Wiggle your fingers and feel your hands and arms…
Notice your shoulders and when you are ready count down from 5 to 1 and be
present in this room.