

## **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.**