Progressive neuro-muscle relaxation

For this relaxation we are again ‘squeezing and releasing’ but now there is an emphasis upon the breath.

* Begin by finding a comfortable lying position, using savasana or a suitable modified version.
* Close your right hand into a fist. Squeeze tightly, feeling the tension in the muscles of your hand and lower arm. Hold as you breathe in.... and relax, breathing out. Muscles of your hand and lower arm relaxing, letting go.
* Now close your left hand into a fist, squeezing tightly. Feel the muscles of your hand and lower arm as they tense. Breathe in, holding the tension...... and relax. Breathe out. Muscles of your hand and lower arm relaxing, letting go.
* Raise your shoulders lifting them up toward your ears, holding your arms tight against your sides. Tense the muscles of your upper arms and your shoulders. Hold that tension.... breathe in..... and relax. Breathe out, muscles of the upper arms and shoulders r relaxing, letting go
* Notice the difference in how your muscles feel. Notice what it feels like for your muscles to be tense, and what it feels like to be relaxed. Progressive muscle relaxation allows you to see how a relaxed muscle differs from a tense muscle.
* Feeling the muscles of your face. Tighten the muscles of your face by squeezing your eyes shut tightly and holding your lips tightly together. Feel the tension in the muscles of your face. Hold..... breathe in..... and relax. Breathe out. Let your face relax becoming smooth and open, muscles of your face relaxing, letting go.
* Tighten the muscles of your jaw now, hold your teeth together tightly. Breathe in. Hold.... and relax. Breathe out. Let your jaw drop loosely, the muscles of your jaw relaxing, letting go.
* Arch your back slightly and pull your shoulder blades together, tightening the muscles of your back. Hold this tension. Breathe in, continuing to hold the tension..... and exhale relax. Let the muscles of your back relax, the muscles of your back letting go.
* Bend forward slightly and cross your arms in front of you, tightening your chest and stomach muscles. Hold the tension..... breathe in..... and relax, breathing out….Let the muscles of your chest and stomach relax, the muscles of your chest and stomach letting go.
* Now tighten the muscles of your buttocks, feeling your hips raise up slightly as you do so. Hold the tension, feeling the tension in the muscles of your buttocks. Breathe in.... hold..... and relax. Breathe out. Let the muscles of your buttocks become relaxed, letting go.
* Tighten the muscles of your thighs, on the front, sides, and back of your upper legs. Hold.... breathe in..... and now breathe out. Let the muscles of your thighs become relaxed, letting go.
* Now tense the muscles on the front of your lower legs by raising your feet, pointing your heels down and your toes upward. Breathe in, holding the tension….and relax. Breathe out. The muscles relaxing, muscles letting go
* Now point your toes and feel the tension in the back of your lower legs and in your feet. Hold this position tightly. Feel the tension. Breathe in..... and relax. Breathe out. The muscles relaxing, muscles letting go
* Now scan the whole body. See if with a relaxed mind you can find any remaining areas of tension. If you find an area of tension focus there and breathe in imagining the tension is held within the air in your lungs. As you breathe out, let the tension go. Feel the area relaxing…..letting go………………….
* Finally allow your body to relax even further.... deepen the state of relaxation. With each breath, you take you can become even more relaxed. More and more relaxed. Deeper and deeper, very deeply relaxed. You are feeling more calm…….more peaceful……more comfortable…….you are free from all tension…..you are relaxed………..stay here for a little while enjoying your relaxed state………..
* When you are ready to leave the relaxation begin to slowly awaken your body, gently begin to move….all the while remain relaxed and free of tension….. Take a good stretch if necessary or perhaps draw knees in and roll from side to side. Roll on to the right side spending a moment here then come up to seated position.