



Legs

Begin with your feet..... Strain the foot muscles by squeezing the toes together.....Take note of this sense of tension.....Relax your feet..... Again, strain the foot muscles.....Relax your feet to their natural state and allow the muscles to completely relax.....

Strain the leg muscles by pulling the shins and thighs together... Hold the tension for a few seconds.....and then relax the leg muscles.....Strain the legs again.....relax the leg muscles.....Relax and enjoy the feeling a little.....Relax the right leg.....Relax the left leg.....Allow yourself to relax even more.....

Strain your sciatic and hip muscles relax them.....strain your hips again, maintain the tensionrelax the hip muscles and feel the difference..... Let the relaxation process flow naturally.....

Relax the feet, shins, knees, thighs and, hips..... Allow the relaxation feeling to be transferred to the abdomen, waist and the lower back.....Allow the sense of calm relaxation to flow in deeper and deeper.....

Stomach

Engage the abdominal muscles, to draw the stomach in..... Focus your attention on the tension..... Relax, let go of your tension and feel the contrast in your sensations....

Again, strain the abdominal muscles....

Relax....

Continue to breathe easily and freely, and relax your stomach completely....

Relax your feet and legs.... relax your hips....relax your back....

Arms

Clench the the right hand's fingers into a fist.... observe the feeling of tension.... feel the strain in the palm....

Relax.... Allow the fingers of your right hand relax.... Observe the difference in your sensations.... Allow yourself to relax even more....

Make a fist with the fingers of the left hand.... Even more tightly grip the hand and feel the tension....

Relax.... enjoy the contrast in your sensations....

Feel the tension in your palms as you clench both hands into fists.... Then, unclench your fists and sense the release....

Bend your arms at the elbows and press them against yourself so that your fists touch your shoulders.... Increase the strain on your muscles and focus on the feeling of tension.... straighten your arms.... Relax them and feel the difference.... .

Again, bend your arms at the elbows and strain the muscles.... Experience the tension....

Straighten your arms and relax....Put your hands in a comfortable position.....Straighten your arms (along your sides or in front of you) and strain the arm muscles..... Feel the tension and then relax..... Concentrate on the relaxation in your arms..... Let your arms rest in a comfortable position and relax more and more..... even when you believe they are completely relaxed, let them relax a bit more.....

Relax your legs..... then your hips..... then your back.....



Breathe in deeply and hold your breath..... Concentrate on the tension.....Breathe out slowly and let the chest muscles push out the air.....

Continue to relax, breathing freely and calmly.....

While leaving the rest of the body relaxed, fill the lungs to their capacity and hold your breath for a moment..... Breathe out slowly, sense the relief and continue to breathe calmly.....

Continue to relax your chest and transfer this sensation to your back, shoulders, neck and arms..... Enjoy the relaxation.....

Back

Now pay attention to your lower back.....

Arch your back inwards and feel the tension in the spine..... Go back to the comfortable state and relax the lower back.....

While leaving all the other parts of your body as relaxed as possible, arch your back outwards and feel the tension..... Relax..... Relax your back, allowing the sense of relaxation to be transferred to your legs, stomach, chest, shoulders, arms and face..... relax these body parts more intensely and deeply.....

Shoulders and neck

Raise your shoulders up..... Feel the tension..... Lower your shoulders and relax..... Your neck and shoulders are relaxed.....

Raise your shoulders up again. Feel the tension in your shoulders and the upper part of your back..... Relax your shoulders..... Allow the relaxation to overtake your shoulders and your back muscles.....

Relax your neck, jaw and other parts of your face..... Feel how the sense of relaxation flows in even deeper.....

Now we pass on to the neck muscles..... bend your head forward, so that your chin is pressed against your chest..... and you feel the tension in the neck..... Turn your head to the right, feeling the changes in tension..... Turn your head to the left.....

Let your head go back to the initial state and feel the relaxation..... Allow the relaxation to last for a moment.....

Face

Wrinkle your forehead..... Wrinkle it even harder..... Relax and smooth it. Feel as your forehead and the scalp smooth. Pucker up your brows and feel the tension..... Relax your forehead....

Close your eyes tightly....relax your eyelids.... Pay attention to the sense of relaxation....

Grit your teeth and tighten your jaws.... Feel the tension in the jaw.... Relax it.... Open your lips a little.... Feel the relaxation.... Press your tongue against the palate.... Feel the tension.... Allow the tongue to go back to its naturally comfortable position....

Press your lips together as tightly as you can.... Relax them.... Feel the contrast between the sensations.... Feel how your face, forehead, scalp, eyes, jaw, lip, tongue and neck relax.... You relax more and more....

Make sure that your neck and shoulders are relaxed.... Relax your jaws and all the other facial muscles.... Allow your body to relax for a moment.... Allow yourself to relax even more, calmly breathing in and slowly breathing out.... Enjoy this pleasant feeling in your entire body and let your body remember it, so that whenever you need it, you can renew it....



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*To finish the exercise, take several deep breaths, count backwards from four to one....
You are full of strength and energy, you feel good and calm....*