

Relaxation Routine

RELAXATION ROUTINE

1. SIT
ON A CHAIR...



2. "SCRUNCH"
UP YOUR
FACE...



THEN...
RELAX
IT...



3. TENSE
YOUR
ARMS...



THEN...
RELAX
THEM



4. TENSE UP YOUR
SHOULDERS
AND CHEST...



THEN...
RELAX
THEM



5. TENSE UP
YOUR LEGS...



... THEN RELAX!

6. BREATHE
IN
RELAXATION...



... BREATHE OUT
TENSION

