

JAW RELEASE SCRIPT

Jaw release is a technique used to relax the jaw muscles and release tension, often through gentle movements or massage. It helps reduce stress and promotes a sense of calm and relaxation.

Here are the steps of the Energy Flow® Jaw Release exercise:

1. Breathe in. Place the fingers in a V shape at the base of the neck and pull back towards the ears. Breathe out.
2. Massage at the jaw line moving from the front to the back.
3. Make tiny circular motions on the outside of the jaw.
4. Place the finger in the mouth and stretch from back to front.

Reflection questions:

1. As you pulled your fingers back toward the ears and massaged along the jawline, what sensations did you notice in your jaw or face?
2. Did the small circular motions change the level of tightness or holding in the jaw?
3. After completing the stretches, how does your jaw feel now compared to before the exercise?