

GENTLE FORWARD BEND SCRIPT

Gentle Forward Bend is a simple stretching exercise or yoga pose that involves bending forward from the hips while keeping the spine straight, aiming to stretch the back, hamstrings, and calves.

Here are the steps of the Energy Flow® Gentle Forward Bend exercise:

1. Find a quiet and comfortable place to sit or stand.
2. Begin by taking a few deep breaths to relax and centre yourself.
3. Stand with your feet hip-width apart or sit with your legs extended in front of you.
4. Inhale deeply through your nose to lengthen your spine.
5. As you exhale slowly and completely through your mouth, begin to bend forward at the waist.
6. Allow your upper body to hang loosely, letting your arms and head dangle toward the floor.
7. You can bend your knees slightly if it helps you reach a comfortable position.
8. Relax into the forward bend, feeling a gentle stretch in your back and hamstrings.
9. Take a few deep breaths in this position, allowing your body to release tension.

10. Inhale as you slowly and mindfully roll back up to a standing or seated position.
11. Take a moment to notice how your back and body feel after the gentle forward bend.

Reflection questions:

1. Did you notice any release of tension in your body while bending forward?
2. How did your back and legs feel after the stretch?
3. What changes did you feel in your body after completing the exercise?