

NECK MASSAGE SCRIPT

Neck Massage is a therapeutic technique that involves the gentle manipulation of muscles and tissues in the neck area to relieve tension, improve circulation, and promote relaxation.

Here are the steps of the Energy Flow® Neck Massage exercise:

1. Sit comfortably and gently massage the sides of your neck where you can feel the pulse (near your carotid artery).
2. Use your fingers to gently press along the sides of your neck and apply small, rhythmic movements.
3. Focus on relaxing the area and breathing deeply.

Reflection questions:

1. How did your neck feel as you gently massaged it?
2. What sensations did you notice in your neck while breathing deeply?
3. How did the massage help you relax in that moment?