

## **REACHING EXPLORATION SCRIPT**

Reaching Exploration is a mindful movement exercise that involves extending your arms and hands in different directions to promote flexibility, release tension, and enhance body awareness.

**Here are the steps of the Energy Flow® Reaching Exploration exercise:**

1. Stand in a balanced standing position, feeling stable and grounded.
2. Extend your hands forward as if you are reaching out for something.
3. Reach out with your right hand, fully extending your arm, then repeat with your left hand.
4. Alternate reaching with both hands in a fluid motion.
5. Explore reaching in different directions—sideways, downward, and upward.
6. Reaching out and pulling into your heart space all that the being desires
7. Move naturally and intuitively, letting your body guide the motion.
8. Finish the exercise by returning to a balanced standing position, taking a moment to notice how your body feels.

### **Reflection questions:**

1. What sensations did you feel in your body as you reached in different directions?

2. What emotions or thoughts arose as you reached outward and connected to your space?
3. What changes did you notice in your energy or mood throughout the exercise?