

## **LEGS UP THE WALL SCRIPT**

Legs Up the Wall is a restorative pose where you lie on your back with your legs extended vertically up against a wall. This position allows your body to relax deeply while your legs are supported in an elevated stance.

### **Here are the steps of the Energy Flow® Legs Up the Wall exercise:**

1. Lie on your back comfortably with your legs extended vertically up against a wall.
2. Place your arms at your sides, palms facing up.
3. Close your eyes and take slow, deep breaths.
4. Stay in this position for 5-15 minutes, allowing your body to relax deeply.

### **Reflection questions:**

1. Did you experience any areas of discomfort or ease during the exercise?
2. What sensations do you feel in the body while doing the exercise?
3. What thoughts or feelings came up while holding the pose for a few minutes?