

LEGS IN THE AIR SHAKING SCRIPT

Legs in the Air and Shaking is an energizing and restorative exercise where you lie on your back, elevate your legs, and gently shake them to release tension, improve circulation, and promote relaxation.

Here are the steps of the Energy Flow® Legs in the Air Shaking exercise:

1. Lie on your back in a comfortable position near a wall or without support, with your legs raised toward the ceiling.
2. Keep your legs straight but relaxed, with your arms resting at your sides or on your belly.
3. Begin shaking your legs gently, creating a small and consistent vibrating motion.
4. Allow the shaking to be light and natural, focusing on releasing tension and promoting relaxation.
5. Continue shaking for 1-2 minutes, breathing deeply and evenly throughout.
6. Slowly stop the shaking, lower your legs gently, and rest for a few moments before sitting up.
7. Optional: You can bring your hands in the air too and shake them.

Reflection questions:

1. Did you experience any shift in your energy or mood during or after this exercise?
2. How did your body feel when you stopped the shaking and allowed yourself to rest?
3. Did you notice any sensations in your body after shaking your legs?