

## **STANLEY ROSENBERG'S EXERCISE SCRIPT**

Stanley Rosenberg's Exercise is a relaxation technique that combines gentle eye movements with deep breathing.

**Here are the steps of the Energy Flow® Stanley Rosenberg's exercise:**

1. Lying comfortably on your back or sitting in a chair, weave the fingers of one hand together with the fingers of the other hand.
2. Place your hands behind the back of your head, with the weight of your head resting comfortably on your interwoven fingers. You should feel the bones of your fingers on the back of your head.
3. If you have a stiff shoulder and cannot bring both of your hands up behind the back of your head, it is sufficient to use one hand, with the fingers and palm contacting both sides of your head.
4. Keeping your head in place, look to the right, moving only your eyes, as far as you comfortably can. Do not turn your head; just move your eyes. Keep looking to the right.
5. After a short period of time — 30–60 seconds — you will swallow, sigh, or yawn. This is a sign of relaxation in your autonomic nervous system.
6. Bring your eyes back to looking straight ahead.
7. Leave your hands in place, and keep your head still. This time, move your eyes to the left.
8. Hold your eyes there until you notice a sigh, a yawn, or a swallow.

9. Now that you have completed the basic exercise, you can take your hands away.

**Reflection questions:**

1. What did you notice with your neck and head as you did the exercise?
2. What sensations or changes did you notice in your body as you held your gaze to one side?
3. What happened with your breath and thoughts as you completed the exercise?