

RESTING POSE SCRIPT

Resting Pose is a gentle position that stretches the back, hips, and arms while promoting relaxation and mindfulness. Bending forward encourages deep diaphragmatic breathing, activating the parasympathetic nervous system.

Here are the steps of the Energy Flow® Resting Pose exercise:

1. Start in a heel sit position with your knees slightly apart.
2. Rest your hands on your knees and keep your back straight, ensuring you feel comfortable.
3. Tilt your head and body forward, lowering your chest onto your thighs.
4. Extend your arms forward, placing your palms on the floor.
5. Allow your forehead to rest gently on the ground, relaxing your neck and shoulders.
6. Focus on your breathing, listening to the natural rhythm as you let your body melt into the floor.

Reflection questions:

1. Did the exercise help you feel more relaxed?
2. What changes did you notice in your body as you relaxed into the Resting Pose?
3. How did your mind and body feel after taking the time to fully relax in this pose?