

## **BODY FLOW SCRIPT**

This is a mindful movement exercise that combines fluid motions with deep breathing to release tension, improve flexibility, and promote relaxation.

**Here are the steps of the Energy Flow® Body Flow exercise:**

1. Stand with feet shoulder-width apart, knees soft, and body stable.
2. Relax and release tension in your body.
3. Move your spine forward and backward with your breath.
4. Let your hips, thighs, arms, and head join the motion.
5. Keep your movements relaxed, heavy, and fluid.
6. Inhale as you move forward, exhale as you move backward.
7. Continue moving in a flow that feels right for you.
8. Slowly stop and stand still for a few breaths.

### **Reflection questions:**

1. What emotions arose as you moved your body forward and backward during the exercise?
2. What sensations or shifts in energy did you notice once you stopped and stood still?
3. Did any part of your body feel more relaxed or more engaged after completing the exercise?