

RESTING ON YOUR BELLY SCRIPT

Resting On Your Belly is an exercise where you rest in a prone position to connect with your body, release tension, and promote relaxation.

Here are the steps of the Energy Flow® Resting on Your Belly exercise:

1. Lie on your belly with your feet spread slightly apart for comfort and balance.
2. Rest your forehead on your forearms, placing one arm on top of the other.
3. Breathe naturally, focusing on the gentle rhythm of your breath.
4. Begin scanning your body, starting from your toes and moving up to the top of your head.
5. Notice any areas of tension, acknowledge them without judgment, and then continue scanning.
6. Take a moment to be fully present in your body, letting go of external distractions.

Reflection questions:

1. How did your body feel when resting on your belly?
2. After completing the exercise, what impact did it have on your overall sense of relaxation or presence?
3. As you scanned your body, what changes did you observe in your awareness of physical sensations?