

OPEN STANCE SCRIPT

This is a grounding and empowering posture that involves standing in a stable position while focusing on releasing tension and building inner strength.

Here are the steps of the Energy Flow® Open Stance exercise:

1. Find a stable balanced position with your feet shoulder-width apart, feeling grounded and secure in your stance.
2. Relax your arms and let them rest naturally at your sides, keeping them soft and loose.
3. Drop your shoulders gently, releasing any tightness, and let them settle naturally.
4. Open your chest slightly, expanding into a strong and welcoming posture.
5. Breathe deeply, inhaling through your nose and exhaling through your mouth in a steady, calming rhythm.
6. Release tension by imagining it flowing down through your body and into the ground, letting go with ease.
7. Notice any negative thoughts, acknowledge them without judgment, and let them float away.
8. After a while raise your arms a little with your palms facing forward, letting this pose take you to a place of strength and stability.

9. Feel strength and stability as you continue breathing deeply and standing in this open and grounded posture.

Reflection questions:

1. How does standing in an open stance make you feel?
2. What did you feel when you relaxed and released tension in your body?
3. Did you notice any difference in the physical or emotional state after completing the exercise?