

## **SAND GROUNDING SCRIPT**

This involves shifting your weight from side to side while imagining sand pouring down your legs. This exercise combines visualisation with movement, creating a feeling of being more deeply connected to the ground and promoting relaxation.

**Here are the steps of the Energy Flow® Sand Grounding exercise:**

1. Stand with your knees soft.
2. Slowly shift your weight from side to side as if pouring sand down each leg.
3. When you lean to the right feel the sand poured down the right leg.
4. When you lean to the left feel the sand down the left leg.
5. Feel both feet on the ground and both legs growing more solid and connected to the ground.

**Reflection questions:**

1. How did it feel to shift your weight from side to side?
2. What did you notice as you imagined the sand pouring down your legs?
3. After the exercise, what changes did you notice in how your body felt?