

## **THROW THE HANDS SCRIPT**

Throw the Hands is a dynamic movement exercise, done seated or standing, where hands are rhythmically swung forward and backward to release tension and improve flow of energy.

**Here are the steps of the Energy Flow® Throw the Hands exercise:**

1. Sit in a comfortable position or stand with your feet hip-width apart.
2. Let your arms hang naturally by your sides, keeping your shoulders relaxed.
3. Throw your hands gently forward in a loose, relaxed motion.
4. Throw your hands backward, letting them flow naturally with momentum.
5. Repeat the motion in a smooth, rhythmic manner for 30 seconds to 1 minute.
6. Breathe naturally as you throw your hands, releasing any tension.
7. Gradually slow the motion and let your hands return to a resting position by your sides.

### **Reflection questions:**

1. As you threw your hands forward and backward, what did you notice in your shoulders, arms, or chest?

2. How did your breathing feel during the rhythmic movement—did it change as you continued?
3. When you slowed down and stopped, how did your body feel compared to when you started?