

GENTLE WARM UP SCRIPT

Gentle Warm Up is a calming self-massage practice that warms up muscles, relieves tension, boosts circulation, and improves flexibility while enabling relaxation.

Here are the steps of the Energy Flow® Gentle Warm Up exercise:

1. Sit comfortably in a cross-legged position on the floor (or on a chair) or cushion with your spine straight and shoulders relaxed.
2. Rub your palms together rapidly in front of your chest to generate warmth and circulation.
3. Increase the speed of rubbing your hands until they feel warm and energised.
4. Take your right foot in your hands and gently massage it, starting from the toes and moving up to the heel.
5. Place your hands on your abdomen and massage in gentle circular motions to release any tension.
6. Move your hands to your upper body and gently massage your chest, shoulders, and arms.
7. Using your fingertips, gently tap your body from the toes up to the head, promoting relaxation and circulation.
8. Conclude by sitting still and taking a few deep breaths.

Reflection questions:

1. After completing the gentle warm-up, how did your body feel in terms of energy and relaxation?
2. What was your experience as you moved through different areas of your body during the exercise?
3. Did you notice any changes in your overall sense of calm or alertness after completing the warm-up?