

GROIN DRAINAGE SCRIPT

Groin Drainage is a lymphatic exercise that involves gentle massage techniques to stimulate lymph flow in the inguinal (groin) area. The groin contains major lymph nodes responsible for filtering toxins.

Here are the steps of the Energy Flow® Groin Drainage exercise:

1. Sit or lie down in a comfortable position with your legs slightly apart.
Take deep breaths to relax your body and muscles.
2. The 'V' area refers to the natural crease between your upper thigh and lower abdomen near the groin.
3. Push in over the 'V' area near the groin in downward motions.

Reflection questions:

1. What sensations did you notice while pressing downward in the groin 'V' area?
2. How did your body respond as you combined the movement with slow breathing?
3. After finishing, did your lower body feel lighter or more grounded?