

NECK & SHOULDER RELEASE SCRIPT

Neck and Shoulder Release is a therapeutic technique that involves gentle stretching and contraction of the neck and shoulder muscles to alleviate tension, improve flexibility, and promote relaxation.

Here are the steps of the Energy Flow® Neck & Shoulder Release exercise:

1. Take a few moments to close your eyes and focus on your breath. Inhale deeply through your nose, and exhale slowly through your mouth.
2. Begin by gently contracting the muscles in your neck and shoulders. You can do this by raising your shoulders slightly toward your ears.
3. Hold the contraction for a few seconds, feeling the tension in your neck and shoulders.
4. Now, slowly release the contraction, allowing your shoulders to drop and your neck muscles to relax.
5. Take a moment to notice the difference in sensations between the contraction and the relaxation.
6. Repeat this process 3 more times, gradually releasing any built-up tension with each release.
7. After completing the exercise, take a few more deep breaths and open your eyes.

Reflection questions:

1. What changes did you notice mentally and physically as you did the exercise?
2. After completing the exercise, how does your body feel in terms of relaxation or discomfort in the neck and shoulder area?
3. How did it feel to release the tension in your neck and shoulders after each contraction?