

## **TONGUE TO CHIN SCRIPT**

Tongue To Chin is an exercise that involves extending the tongue outward toward the chin to strengthen the muscles of the tongue and throat.

**Here are the steps of the Energy Flow® Tongue to Chin exercise:**

1. Stick out your tongue as far as you can, aiming to reach your chin.
2. Hold this position for a few seconds, feeling the stretch in your tongue and neck muscles.
3. Relax and retract your tongue back into your mouth.
4. Repeat this exercise several times, gradually increasing the duration of the stretch as you become more comfortable with it.

### **Reflection questions:**

1. As you extended your tongue toward your chin, what sensations did you notice in your tongue, throat, or neck?
2. Did holding the stretch for a few seconds change the feeling of tightness or effort in those muscles?
3. After repeating the movement several times, how does your tongue or throat area feel compared to before the exercise?