

## **SHOULDER ROLLS SCRIPT**

Shoulder Rolls is a simple stretching exercise that involves moving the shoulders in circular motions to loosen the muscles and relieve tension in the neck and upper back.

### **Here are the steps of the Energy Flow® Shoulder Rolls exercise:**

1. Close your eyes and take a few deep breaths to relax.
2. Begin by focusing your attention on your shoulders.
3. Inhale deeply through your nose as you lift your shoulders up towards your ears.
4. Exhale slowly and completely through your mouth as you roll your shoulders forward and down.
5. Continue this rolling motion several times, allowing your shoulders to move in a smooth and relaxed manner.
6. After a few forward rolls, reverse the motion by inhaling as you lift your shoulders up and exhaling as you roll them backwards and down.
7. Pay attention to any areas of tension or discomfort in your shoulders as you perform the rolls.
8. Take your time with each roll, allowing your breath to guide the movement.

**Reflection questions:**

1. What did you notice about your body as you moved through the shoulder rolls?
2. As you completed the exercise, did you feel any changes in your overall tension or comfort level?
3. What physical or mental sensations did you notice as you focused on the slow shoulder rolls?