

TONGUE TO NOSE SCRIPT

Tongue To Nose is an exercise that involves extending the tongue toward the nose to improve tongue mobility and flexibility.

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

1. Stick out your tongue as far as you can, aiming to reach your nose.
2. Hold this position for a few seconds, feeling the stretch in your tongue and facial 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 nose, what sensations did you notice in your tongue or face?
2. Did holding the stretch change the level of effort or tension in your facial muscles?
3. After repeating the movement several times, how does your tongue or facial area feel compared to before the exercise?