

## **DANGLING SCRIPT**

Dangling is a gentle, mindful movement technique used to release physical and emotional tension. It involves slowly rolling the body downward from the spine, allowing for increased body awareness and relaxation.

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

1. Stand tall with feet shoulder-width apart and arms hanging loosely at your sides.
2. Begin by dropping your chin toward your chest and slowly rolling down.
3. As you roll down, breathe slowly and deeply, allowing your body to release tension, dangling yourself.
4. Let your arms fall down and brush the floor, moving from side to side.
5. Imagine you are a feather that could be carried away by the wind.
6. Once you reach the bottom (with your hands or fingertips on the floor or knees), let any tension be blown away by the wind as you sink in deeper and deeper.
7. Take a few breaths, then slowly roll back up, stacking your spine one vertebra at a time.

### **Reflection questions:**

1. What sensations arose as you let your body release tension with each breath?

2. Did you feel a shift in your energy or emotional state as you let go of the tension?
3. What changes in your physical or mental state did you notice after performing the dangling movement?