

GENTLE STRETCHES SCRIPT

The Gentle Stretch Routine is a series of slow, mindful stretches combined with deep breathing to release tension, improve flexibility, and promote relaxation.

Here are the steps of the Energy Flow® Gentle Stretches exercise:

1. **Start with Deep Breathing:** Sit or stand comfortably, taking slow, deep breaths in through your nose and out through your mouth.
2. **Neck stretches:** Gently tilt your head backward, forward, and to each side, holding each stretch for a few seconds.
3. **Shoulder stretch:** Cross one arm across your chest, holding it with the opposite hand, and switch sides.
4. **Chest stretch:** Interlace your fingers behind your back, straighten your arms, and gently lift your chest upward.
5. **Upper back stretch:** Clasp your hands in front of you, straighten your arms, and round your upper back as you tuck your chin.
6. **Side stretch:** Raise one arm overhead and lean to the opposite side, keeping your movements fluid and gentle. Switch sides.
7. **Hamstring stretch:** Sit or stand and gently reach for your toes, keeping a slight bend in your knees if needed.
8. Finish with deep breathing.
9. Return to a comfortable position and take slow, deep breaths to conclude the routine.

Reflection questions:

1. What sensations did you experience during the stretches?
2. How did your body feel as you moved through each stretch?
3. Did you feel more flexible or open in any part of your body after the stretches?