

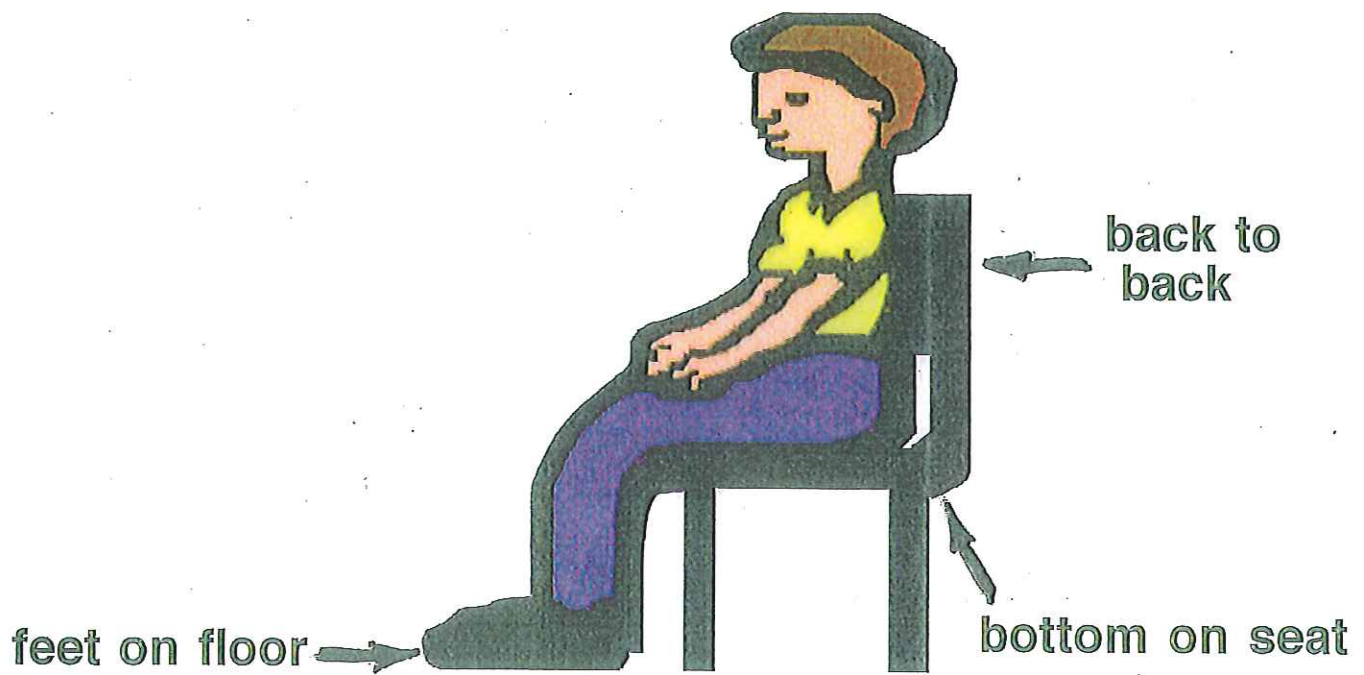
## LETS RELAX



### Relaxation Routine

1. Sit the right way
2. Wrinkle up your forehead
3. Take one deep breath from your belly
4. Close your eyes, squeeze them shut
5. Take one deep breath from your belly
6. Wrinkle up your nose and make it tight
7. Take one deep breath from your belly
8. Make a big smile, then clench your teeth together
9. Take one deep breath from your belly
10. Gently move your head from side to side
11. Gently move your head forward and back
12. Take one deep breath from your belly
13. Bring your shoulders up to your ears
14. Take one deep breath from your belly
15. Both arms forward, make a fist, palms down, push hard
16. Take one deep breath from your belly
17. Squeeze your tummy
18. Take one deep breath from your belly
19. Push your legs out, push them hard
20. Take one deep breath from your belly
21. Take one deep breath from your belly-cleansing
22. Take one deep breath from your belly-cleansing
23. Take one deep breath from your belly-cleansing
24. Stand up & shake out your shoulders, arms, hands, legs and feet

Marci Hammel  
Allison Conrad

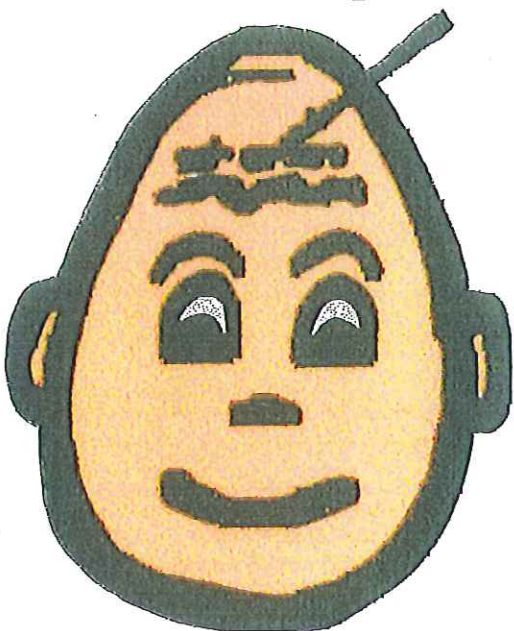


Sit the right way.

2

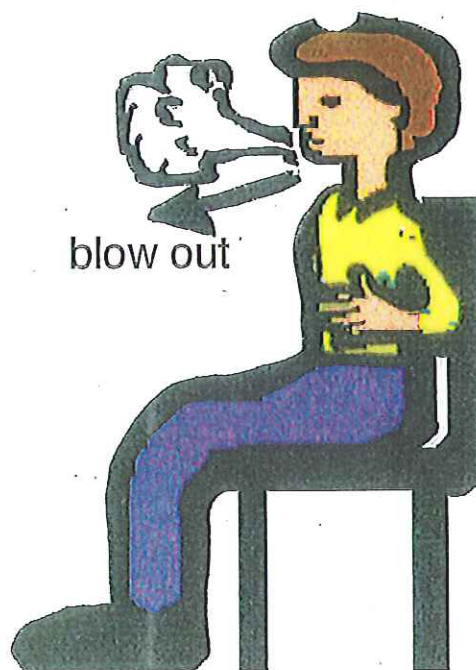
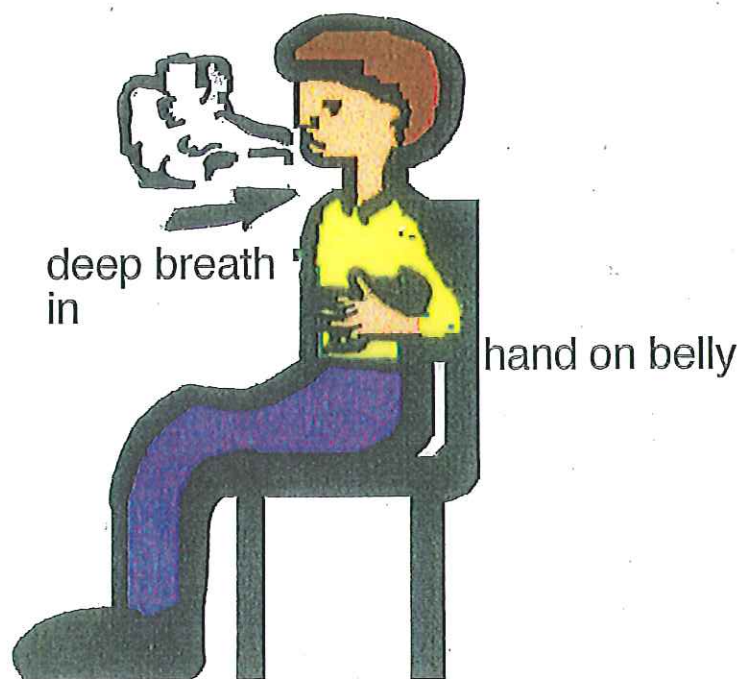
tight, tight, tight, tight, tight.....

relax



Wrinkle up your forehead

3

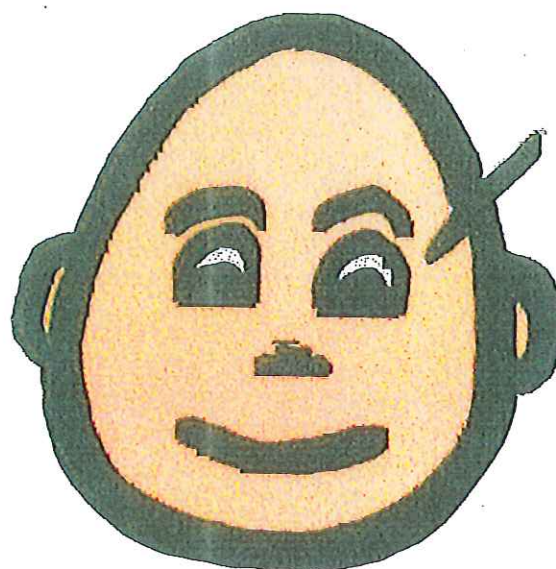
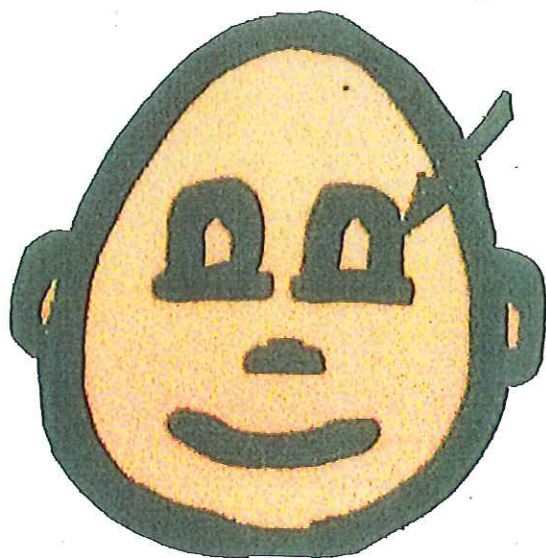


"Take one deep breath from your belly."

4

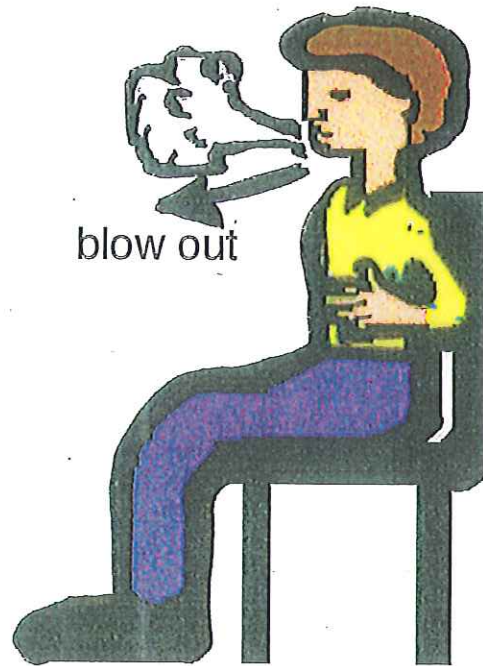
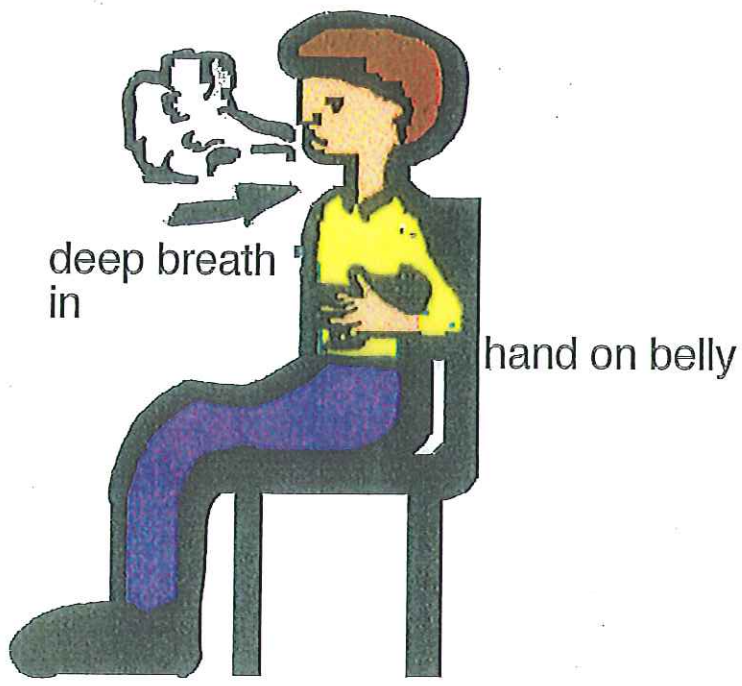
tight, tight, tight, tight, tight....

relax



Close your eyes, squeeze them shut.

5

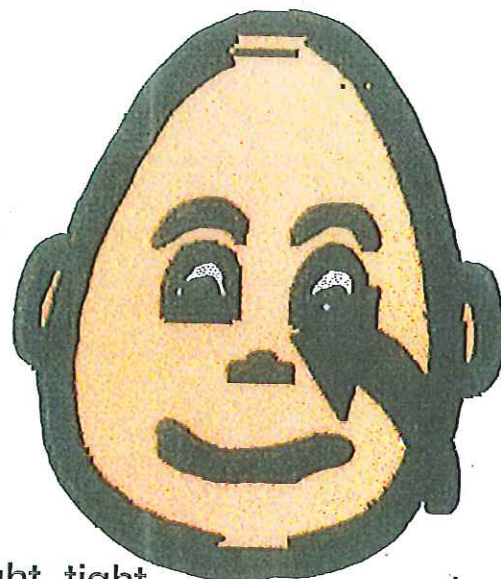


"Take one deep breath from your belly."

6

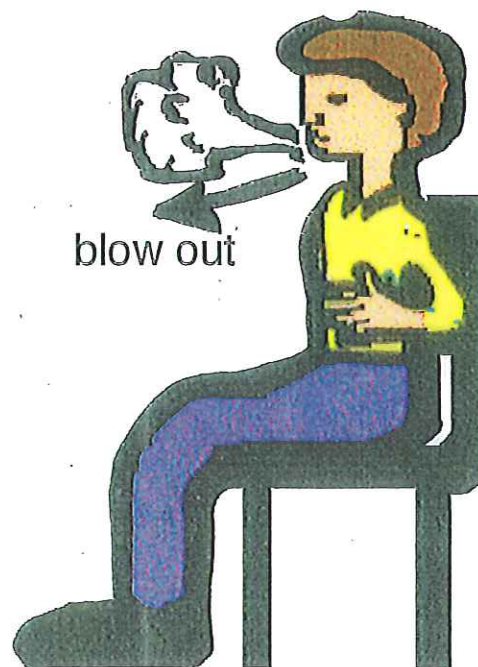
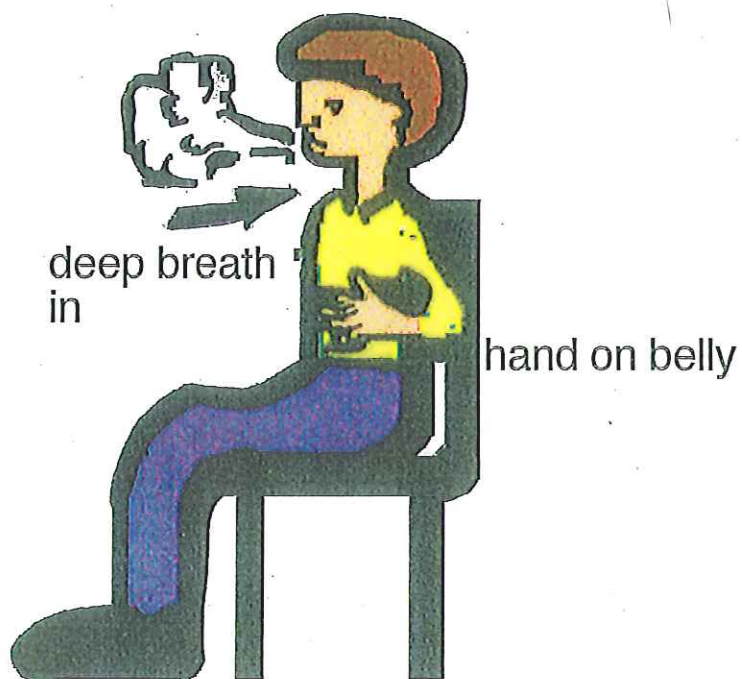


tight, tight, tight, tight, tight....

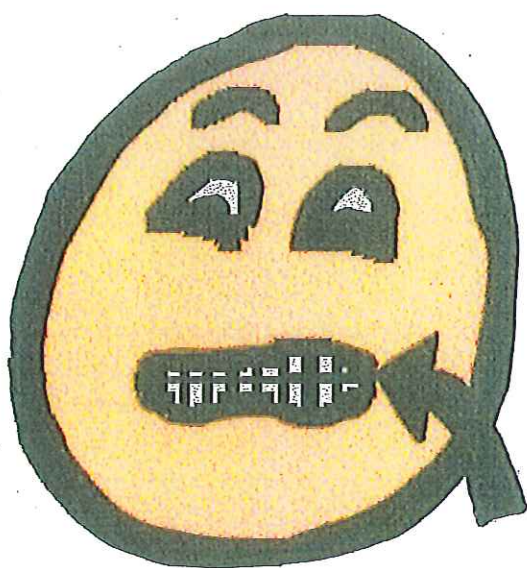


relax

"Wrinkle up your nose and make it tight."



"Take one deep breath from your belly."

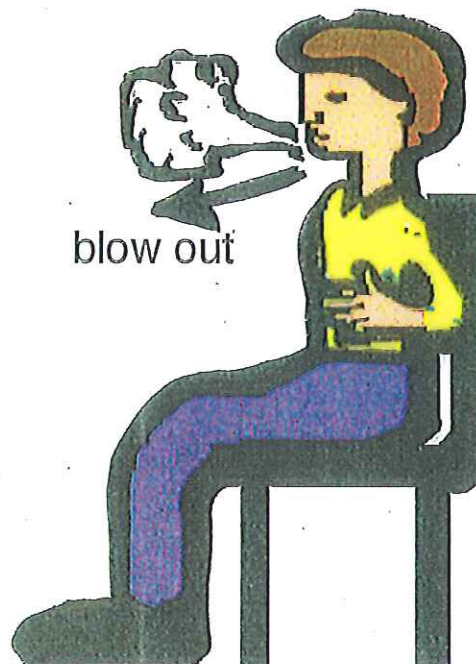
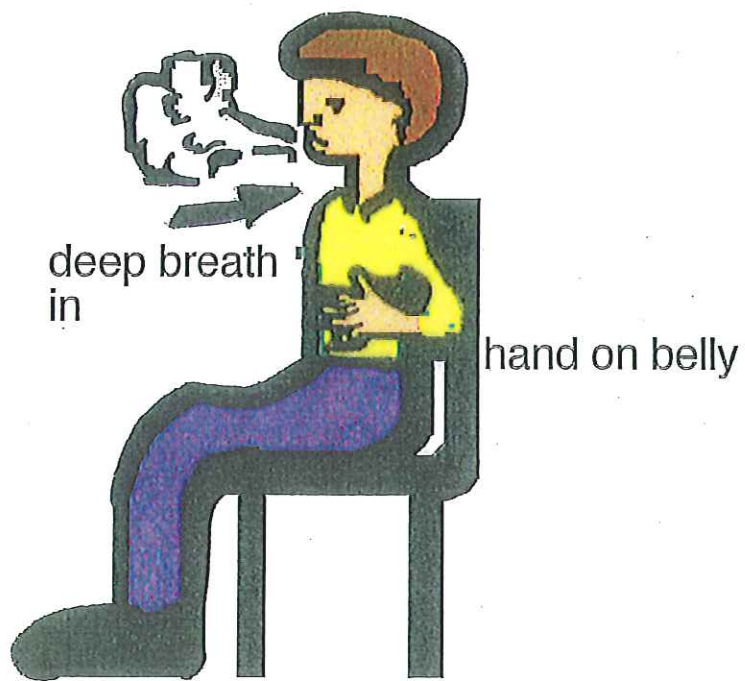


tight, tight, tight, tight, tight....

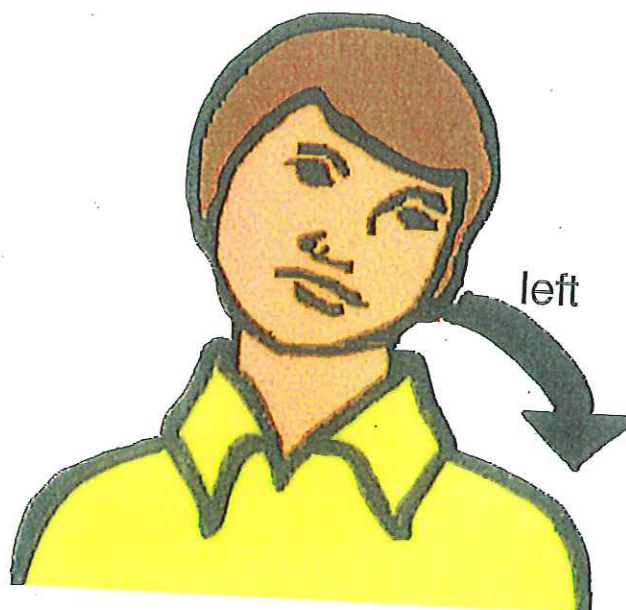
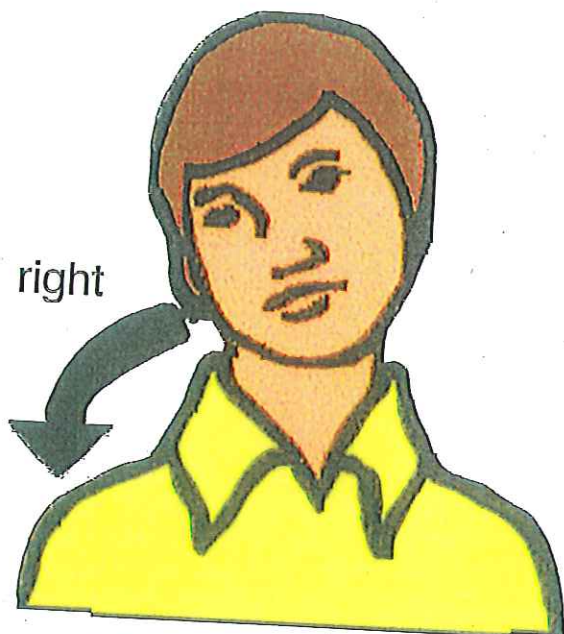


relax

Make a big smile then clench your teeth together.



"Take one deep breath from your belly."



"Gently move your head from side to side."

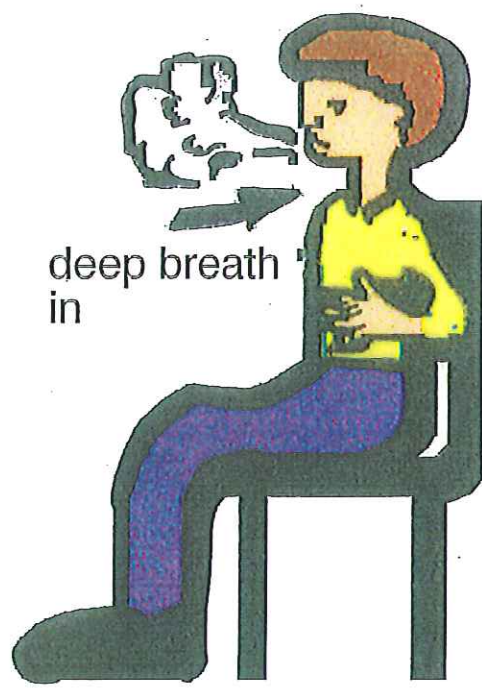


forward

back

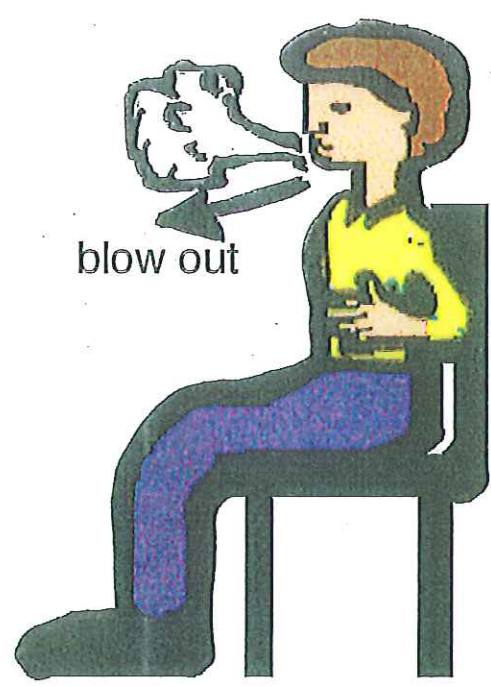


"Gently move your head forward, and back".



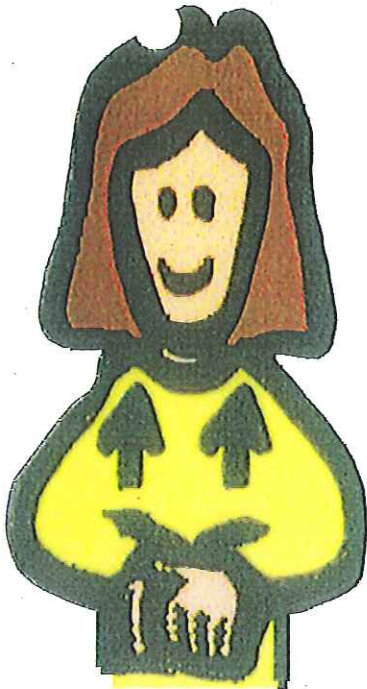
deep breath  
in

hand on belly



blow out

"Take one deep breath from your belly."

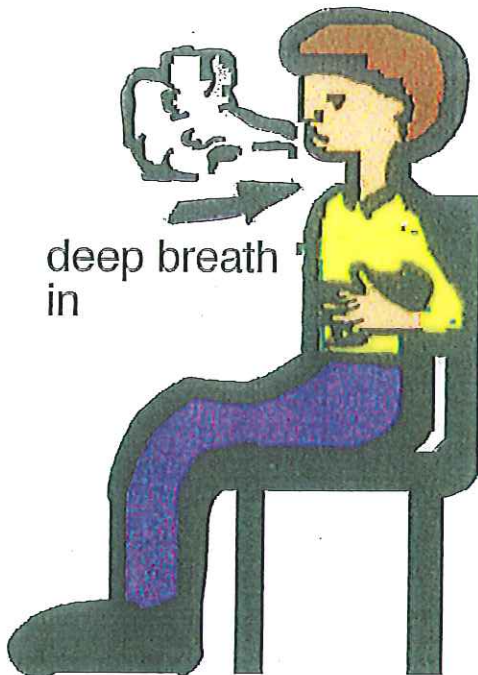


tight, tight, tight, tight, tight

"Bring your shoulders up to your ears."

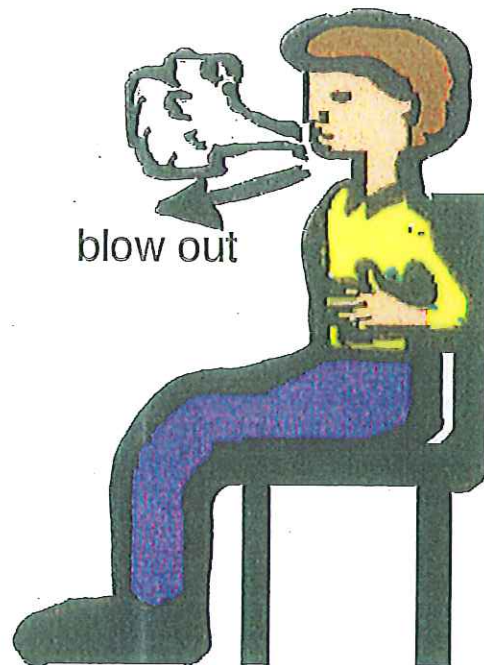


relax



deep breath  
in

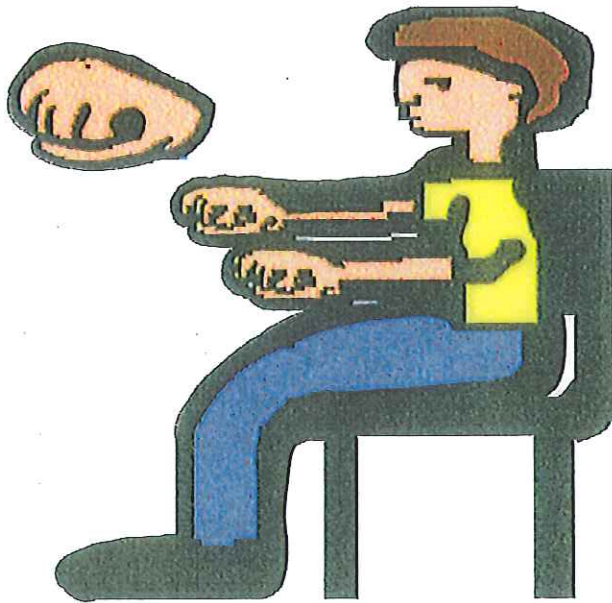
hand on belly



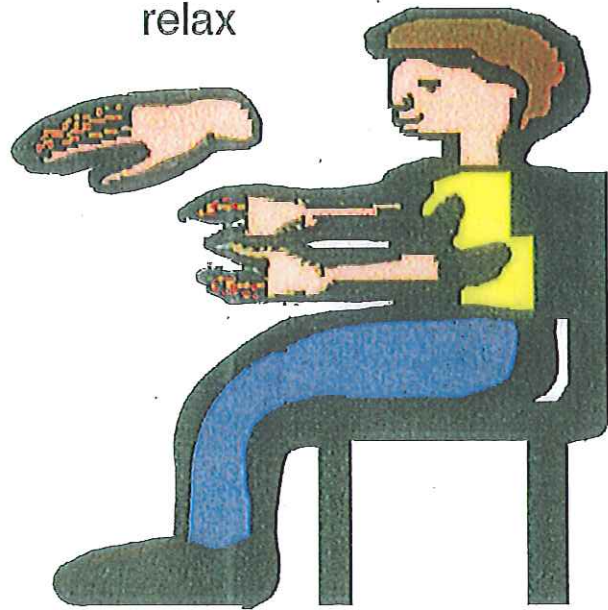
blow out

"Take one deep breath from your belly."

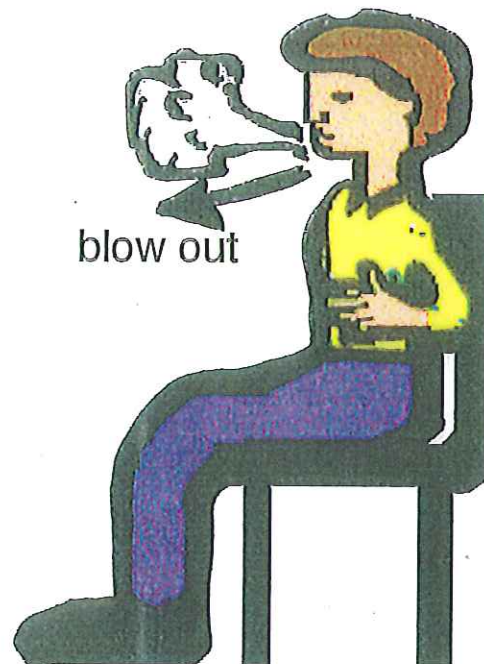
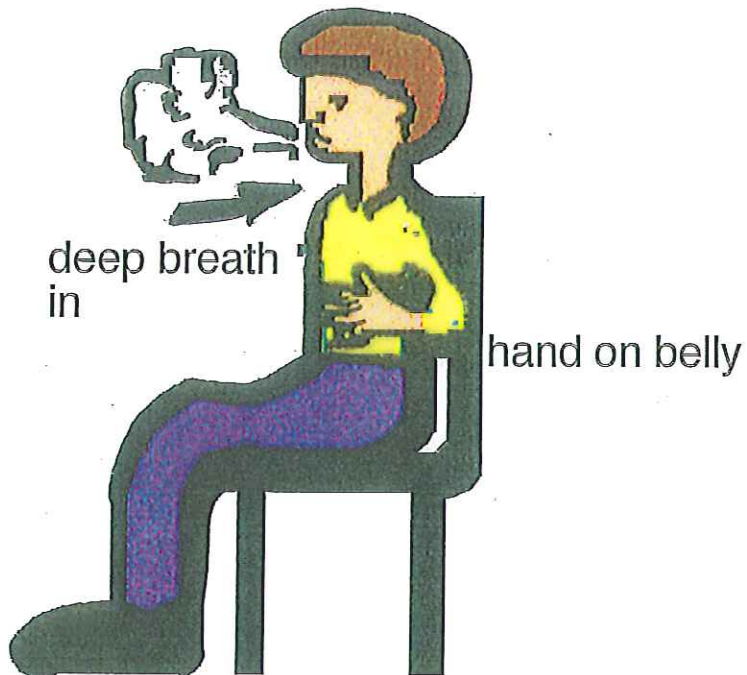
tight, tight, tight, tight, tight.....



relax



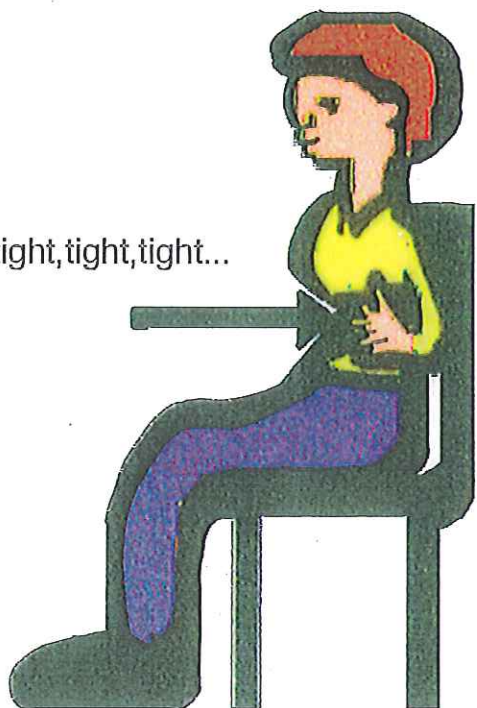
"Both arms forward, make a fist, palms down, push hard."



"Take one deep breath from your belly."

17

tight, tight, tight, tight, tight...



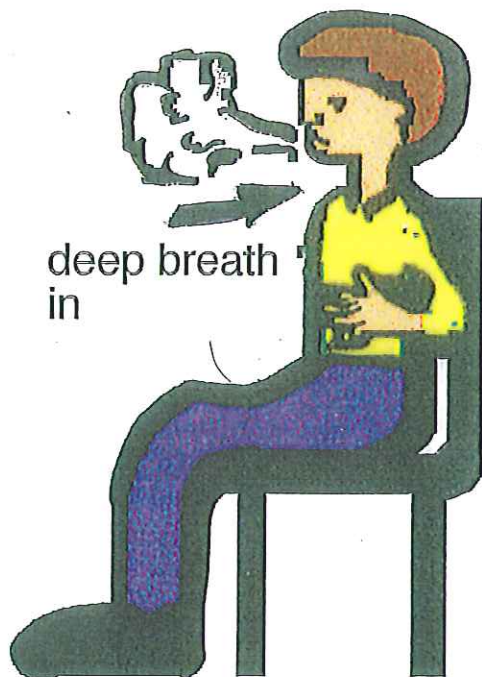
relax



"Squeeze in your tummy, make it very small."

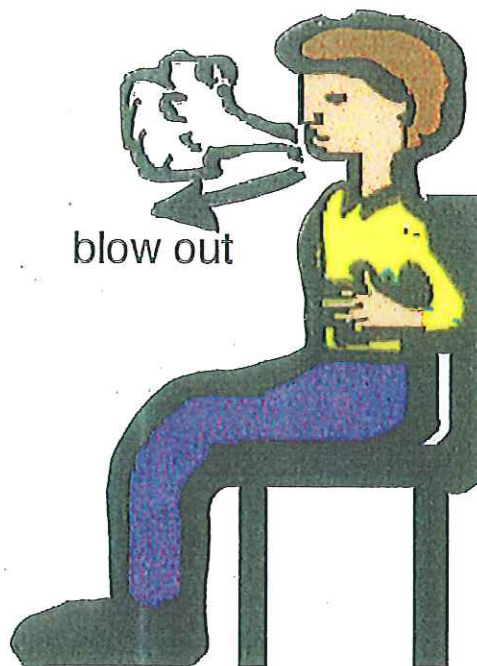
18

deep breath  
in



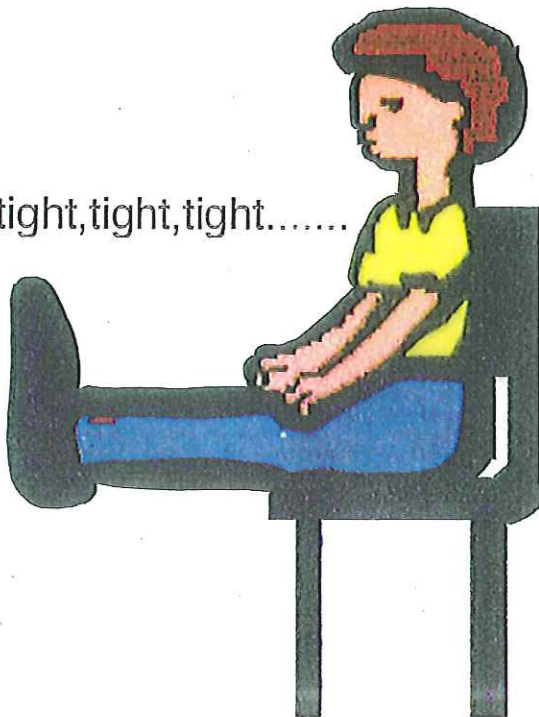
hand on belly

blow out



"Take one deep breath from your belly."

tight, tight, tight, tight.....

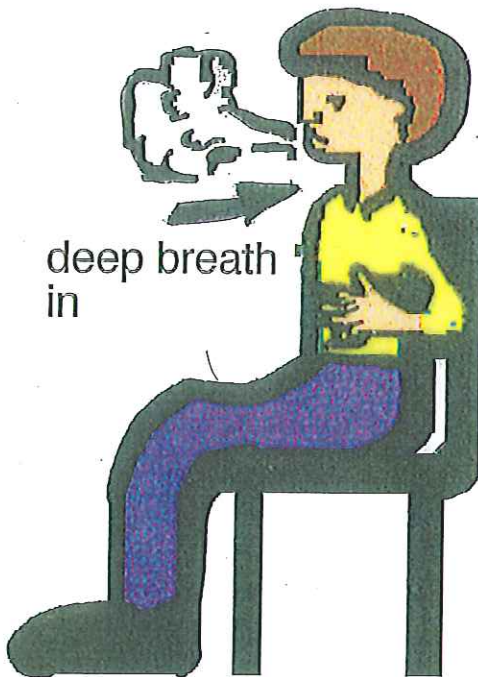


relax



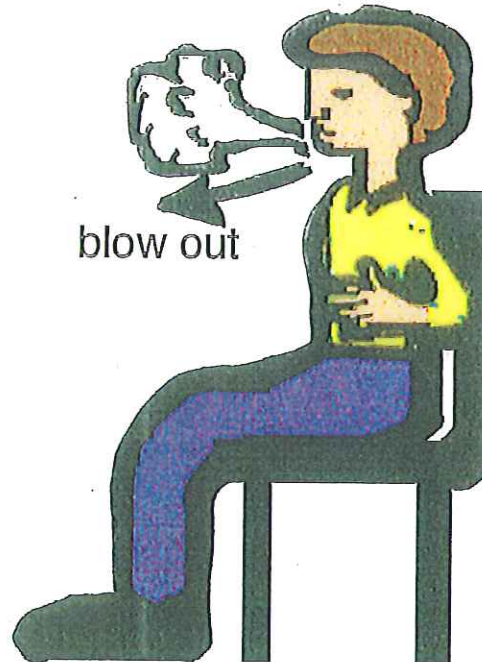
"Hold onto your chair, put both legs out, push hard".

deep breath  
in

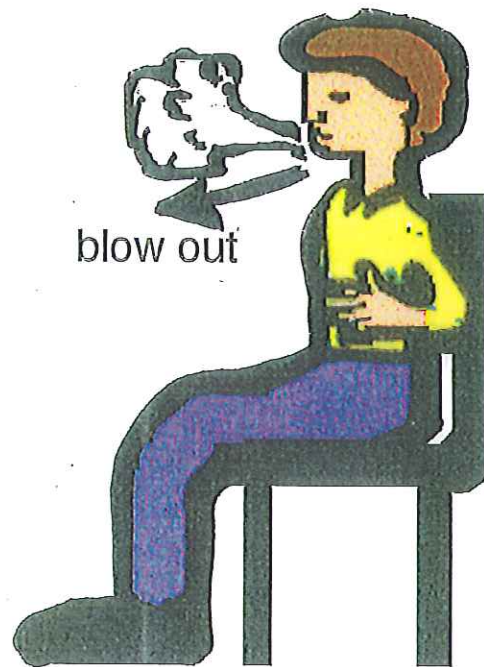
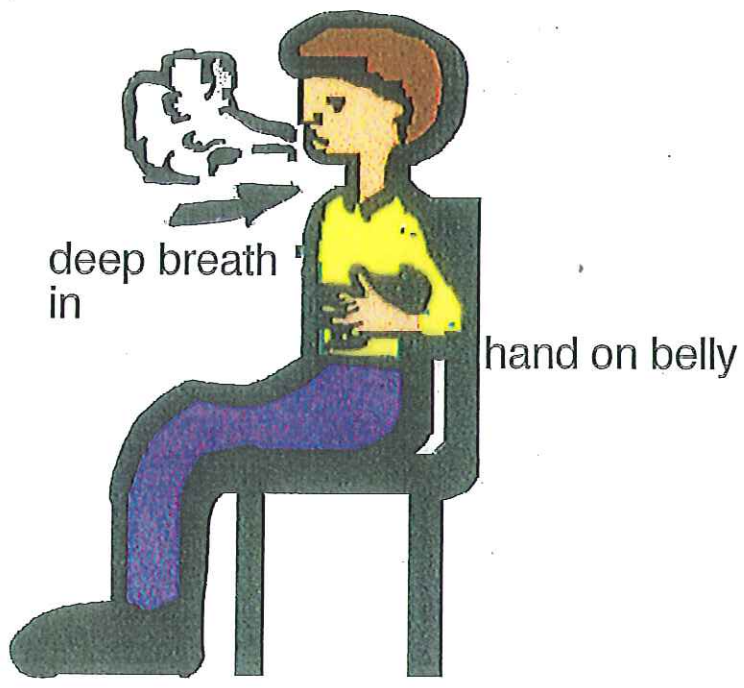


hand on belly

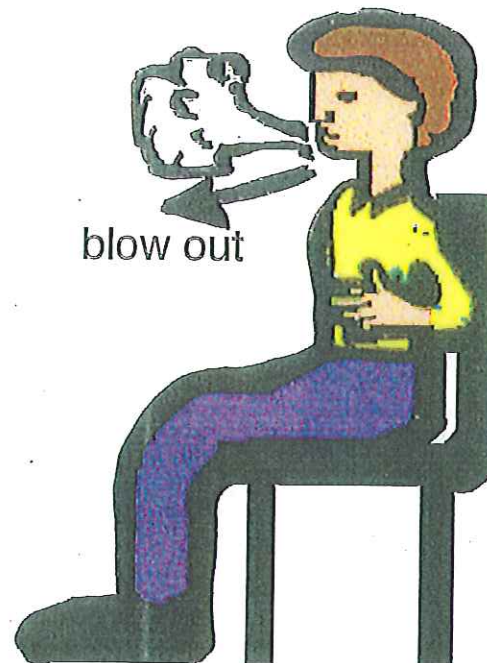
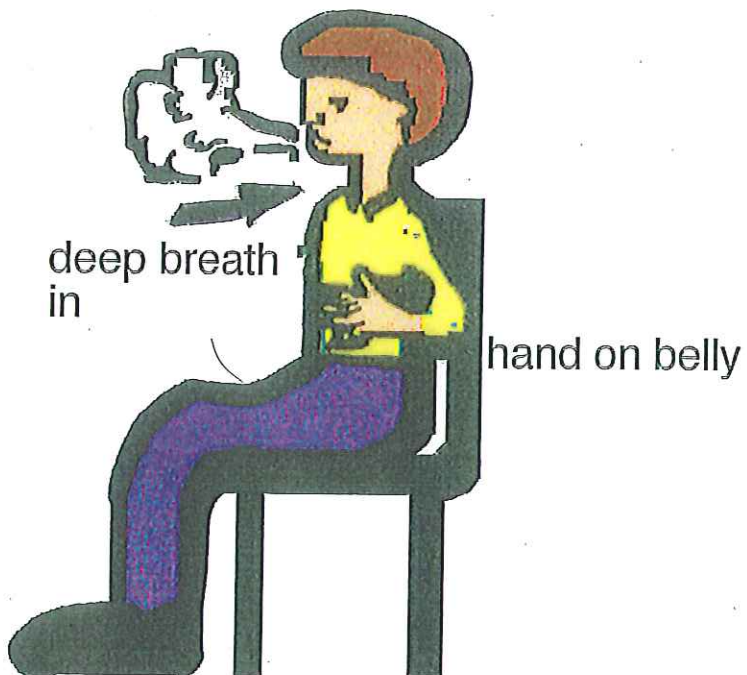
blow out



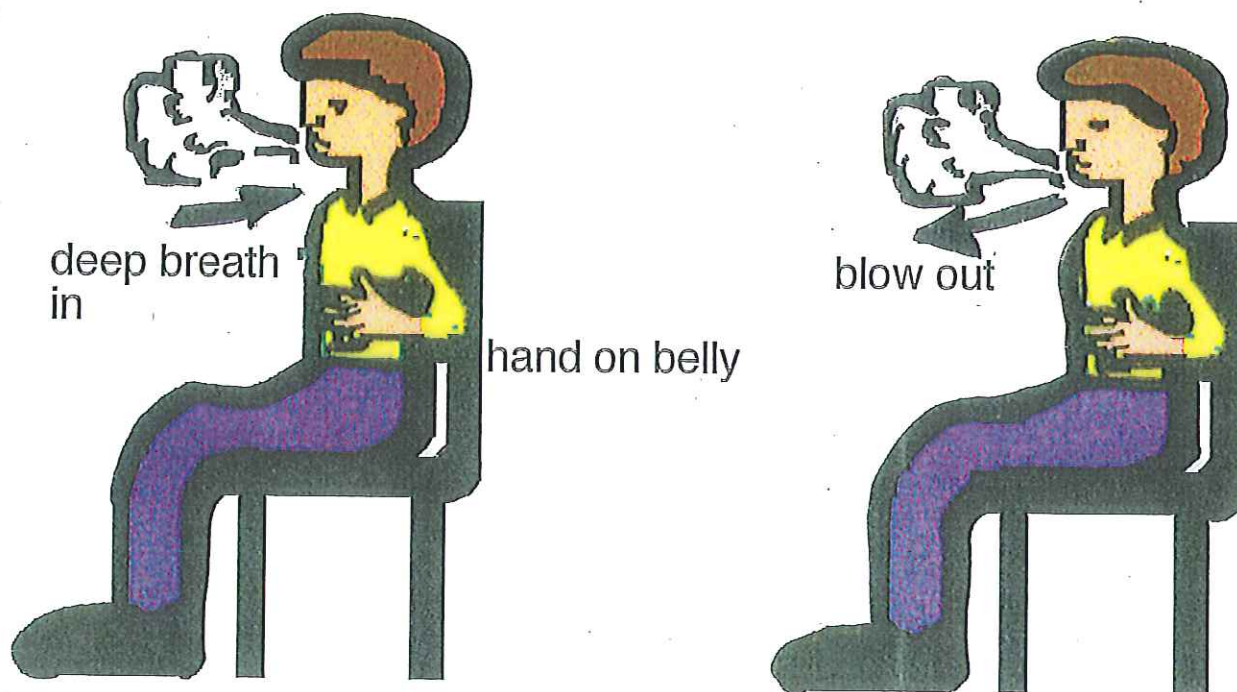
"Take one deep breath from your belly."



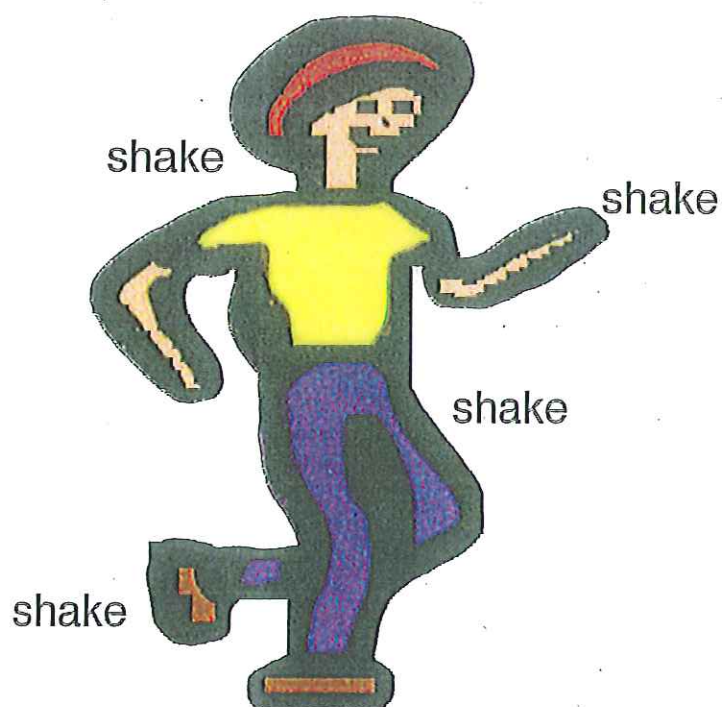
"Take one deep breath from your belly."



"Take one deep breath from your belly."



"Take one deep breath from your belly."



"Stand up and shake out your shoulders, arms, hands, legs, and feet".