

# humantold

## Mindfulness: Progressive Muscle Relaxation (Whole Body)

This practice uses the tightening and releasing of different muscle groups to help with relaxation or sleep

Each round we will be contracting/inhaling and relaxing/exhaling the tension of muscle groups all at once. Starting with your toes and continuing to add muscle groups until you are involving your whole body. *For each round hold the tension and the release for about **3-5 seconds**.*

*\*Don't worry about perfectly tightening all muscles, do your best.\**

- Start by inhaling and curling your toes...then exhale and release.
- Inhale and curl your toes plus your ankles...then exhale and release.
- Inhale and flex calves plus previous muscles...then exhale and release.
- Inhale and lock your knees plus previous muscles...then exhale and release.
- Inhale and tense thighs plus previous muscles...then exhale and release.
- *Take 1 or 2 natural breaths in, tuning into your body's sensations. Letting heat ease.*
- Inhale and squeeze buttocks plus previous muscles...then exhale and release.
- Inhale and clench your fists plus previous muscles...then exhale and release.
- Inhale and twist your forearms plus previous muscles...then exhale and release.
- Inhale and curl your elbows flexing biceps plus previous muscles...then exhale and release.
- Inhale and tense stomach plus previous muscles...then exhale and release.
- Inhale and clench your chest plus previous muscles...then exhale and release.
- *Take 1 or 2 natural breaths in, tuning into your body's sensations.*
- Inhale and pull your shoulders back plus previous muscles...then exhale and release.
- Inhale and tighten jaw and neck plus previous muscles...then exhale and release.
- Inhale and scrunch your forehead plus previous muscles...then exhale and release.
- *Take 1 or 2 natural breaths in, tuning into your body's sensations.*
- Inhale and tense your whole body (hold for a little longer) feel the wanting of release...then exhale and release.
- *Take 1 or 2 natural breaths in, tuning into your body's sensations. Sit in the space feeling the warmth and sensations of your body.*
- Finally after some time, put your hands together, rub vigorously to generate some heat, and cup your hands over your eyes as you breathe in and out. Rest in the awareness of the sensations.
- Let your hands down and slowly open your eyes.

As you begin to familiarize yourself with this practice you can get more specific and expansive with muscle groups. Along with exploring the sankalpa you would like to implement.