

TAKE A LONG, SLOW STRETCH.



JOURNAL PROMPTS

FOR BODY AWARENESS #1

You can be standing, sitting, or lying down. Take your time & appreciate the sensation of your body lengthening. Notice where your body feels comfortable as you stretch. Observe where it feels lighter and is less yielding. As you relax back from the stretch, check how you feel. You may be more aware of certain parts of your body now. Take a second slow, gentle stretch. Do some areas feel even more relaxed? Is there any area that still feels uncomfortable? Stretch for a third time, still being very slow and intentional with your movement. Write down what you have learned from this exercise.

If you still feel tension in your body try body awareness exercise #2.