



find a 'place' of shaking, you can lower and raise yourself a little at the time, exploring the angle of your bent knees. When the timer goes, gently raise yourself back to standing.

7. Set timer for 3-5 minutes. Gently bend forward and place your hands on the floor. Bend your knees a little (or a lot if that is necessary for you to reach the floor. and stay here for the duration of the time. Knees bent is important. Just hang here and allow any shaking or tremor that wants to arise by itself happen. Feel free to slightly bend more/straighten your knees more to find more shaking if it happens. Once the timer goes, gently bring yourself to lie down on your back on the floor or firm bed surface. It is advisable not to use a pillow for the head if possible.
8. Set your timer for 1-2 minutes. Lying on your back on the floor, bend your knees 90 degrees and place the soles of your feet against each other and allow your knees to fall apart ("butterfly yoga pose"). If this feels very painful or uncomfortable, place a pillow, yoga block, or other support between knees and the floor. Relax/release any tensions and stay in this position until the timer goes off.
9. Set your timer for 3-5 minutes. Place the soles flat onto the floor (with knees bent as before). Now raise your pelvis straight up about 2-3 inches. Hold for the duration of the time if possible. If not possible to hold the entire time, allow short rests (but better not).
10. Lower your pelvis down onto the floor, and repeat point 8.

### **Main Tension Release Pose and Practice:**

11. Place soles of feet back to touch the floor as in point 9. With 90 degree bent knees, slowly bring your knees a few inches up, as if closing up towards each other. See if you can find a position where shaking, tremor, or other spontaneous movement starts to happen in your legs. It may be that the legs start moving towards and away from each other a little or a lot, tremouring and vibrating, or it may be your pelvis, torso and even your neck and head starts shifting or bouncing or moving side to side as if a snake-like movement.  
Any spontaneous, naturally arising movement, vibration and shaking is good!  
Allow. Relax and Surrender into the intelligence of the body, know that the body knows what needs to be released and how to "shake it off". The shaking often comes in waves. Let the waves happen. ***Finding and Tuning In to the Inner StillPoint (as practiced in the guided meditation part of the session) helps very much to surrender and allow the naturally occurring shaking release to happen. We simply stay as a welcoming and curious Witness to the process.***  
If movement stops by itself, just lie and relax and feel any energy moving in your body, and if it starts again, allow it to happen again. If it does not pick up after a few minutes, you can just move your knees slowly towards or away from each other, and see if there is a new position where the movements start again. Remember also, you are always ultimately able to stop any shaking or movements with your will, regardless of how much you have allowed your body to loosen and immerse itself into the shaking. After each Release Practice session, allow yourself to simply rest deeply and with full relaxation flat on your back (ie 'Savasana') and integrate and allow energy released to nourish the body for as long as you like.

In the beginning, try to practice at least 15 minutes every day or so, to familiarise yourself with & anchor the feeling of "naturally body-generated" movements vs movements generated by "your own will and initiation". With more practice, you may be able to "go straight to that place" of stillness and inner guidance - meaning you start straight at point 11 and take short or longer moments for tension release whenever needed in your day.

~ Enjoy and feel the relief this Practice brings afterwards ~

**"The more you practice, the more easy it becomes - the more "old stored" tension is shifted out of the system, the more 'current - in the moment' releasing of any (new) tension can happen"**