

~ TENSION RELEASE SELF PRACTICE SUMMARY ~

1. 'Shift' weight from left to right side of your feet 10-20 times each side.
2. Rise on your toes of one leg 10-20 times (using back leg only for balance), then switch leg and repeat.
3. Flex the knee of the front leg so that you lower and raise yourself 10-20 times.
4. Legs in wide-legged "v" stance, bend down and hold here for 3 deep breaths. Then hands to right foot (leg/calf) and take 3 deep breaths. Hands to the left foot and repeat 3 deep breaths. Hands to middle and as far back in between your legs as you can reach for 3 deep breaths, then gently and slowly raise to standing.
5. Clench fists, place on lower back, lean backwards and shift eye gaze first to the right, looking over right shoulder for 3 deep breaths. Then shift to the left side and repeat with 3 deep breaths. Then gently come back to standing straight up.
6. For 3-5 minutes, place back against the wall with legs at 90 degree. Stay until timer rings - or at pain/fatigue 70% tolerable, raise up an inch or so. If shaking happens, good.
7. For 3-5 minutes, bend forward - with knees bent a little (or a lot if necessary to reach floor). Stay until timer rings. Knees bent is important. 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.
8. For 1-2 minutes, lie on your back, bend your knees 90 degrees with soles of feet against each other and allow your knees to fall apart.
9. Soles flat onto floor, raise pelvis straight up 2-3 inches for 1-2 minutes.
10. Lower your pelvis down onto the floor, and repeat point 8.
11. **Main Tension Release Pose and Practice:** Soles of feet onto floor with 90 degree bent knees. Bring knees slowly towards and away from each other until shaking, tremor, or other spontaneous movement starts to happen. Allow. Relax and Surrender to the intelligence of the body of what needs to be released and how to "shake it off". The shaking may come and go by itself. Let it happen. ***Finding and Tuning In to the Inner StillPoint (as we have practiced in the guided 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.***
12. After each Release Practice session, rest deeply and with full relaxation flat on your back - integrate and allow the freely flowing energy to nourish the body for as long as you like.

Try to practice at least 15 minutes every day or so in the beginning, 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 can bring 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"

