**Flourishing in the Garden**

**Progressive Relaxation**

Hello and welcome to a progressive muscle relaxation.

Find yourself a comfortable resting position, either lying down where you can recline on the back, or you can find a comfortable seated position.

We'll start to work through this progressive muscle relaxation. The intention is that we will add in an engagement and muscle contraction and hold. The thought is that if there was tension in that space before, that as we add in more tension, we're engaging all those muscles and when we release, all the tension is released with it.

We'll start at the feet and work our way up the body.

You can start by engaging all the muscles of the feet. Squeezing the toes for three, two, and one, release. Let it go.

We'll move up to the leg. We'll focus on the lower legs, the calves, the shins, and ankles. The knees, the quads and the hamstrings. Squeezing the legs here for three, two, and one, release. Let it go.

And then we'll move up to the central part of the body. We'll focus on the glutes and the hips, the lower back and the core. Engaging those muscles squeezing here for three, two, and one, release. Let it go.

And then we'll move up to the chest and the shoulders. Squeezing here, engaging the shoulders, maybe drawing the shoulder blades together, squeezing through the chest, for three, two, and one, release. Let it go.

Now we'll move out through the arms and the hands. We'll squeeze the hands into fists or engage through the forearms, the triceps and the biceps. And we'll squeeze here for three, two, and one, release. Let it go.

Now we’ll move up to the tops of the shoulders and the neck. Squeezing here and engaging those muscles for three, two, and one, release. Let it go.

And then we'll move up to the head. Engaging all the muscles in the face, the ears, squeezing here for three, two, and one, release. Let it go.

Now we'll engage all the muscles here. From the feet up the legs, the core, the hips, the glutes, engaging the hands, the arms, the face, squeezing all the muscles in the body here for three, two and one, release. Let it go.

Now just allowing your body to relax, to let go of tension and to just melt into the earth here.

We'll take just a little bit of space to soak in this progressive muscle relaxation.

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And then when you're ready, you can start to come back into the body, maybe wiggling the toes and the fingers.

Maybe taking a nice long stretch along the earth.

And then when you're ready, you can hug the knees into your chest.

Wrapping yourself up in a big hug and then you can roll over to one side. Take a breath and think of one thing that you're grateful for

And then when you're ready, you can come up to a comfortable seated position of your choice.

Slowly integrating back into the world so maybe blinking the eyes a couple times you can keep the gaze low.

Thank you for working through this progressive muscle relaxation.