
Muscle Relaxation

HEAD

Inhale clench your eyes shut
HOLD for 5 seconds exhale
RELEASE

Inhale bring your shoulders
to your ears HOLD for 5
seconds exhale RELEASE

CHEST

Inhale bring your hands to
your shoulders tensing your
biceps HOLD for 5 seconds
exhale RELEASE

Inhale clasp your hands
behind your back with your
hands facing the ground
HOLD for 5 seconds exhale
RELEASE

TORSO

Inhale arch your back
HOLD for 5 seconds exhale
RELEASE

Inhale tense your stomach
HOLD for 5 seconds exhale
RELEASE

LOWER BODY

Inhale tense your
buttocks HOLD for 5
seconds exhale RELEASE

Inhale TENSE your toes
HOLD for 5 seconds
exhale RELEASE

#MINDFULMOMENT

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Muscle Relaxation

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HEAD

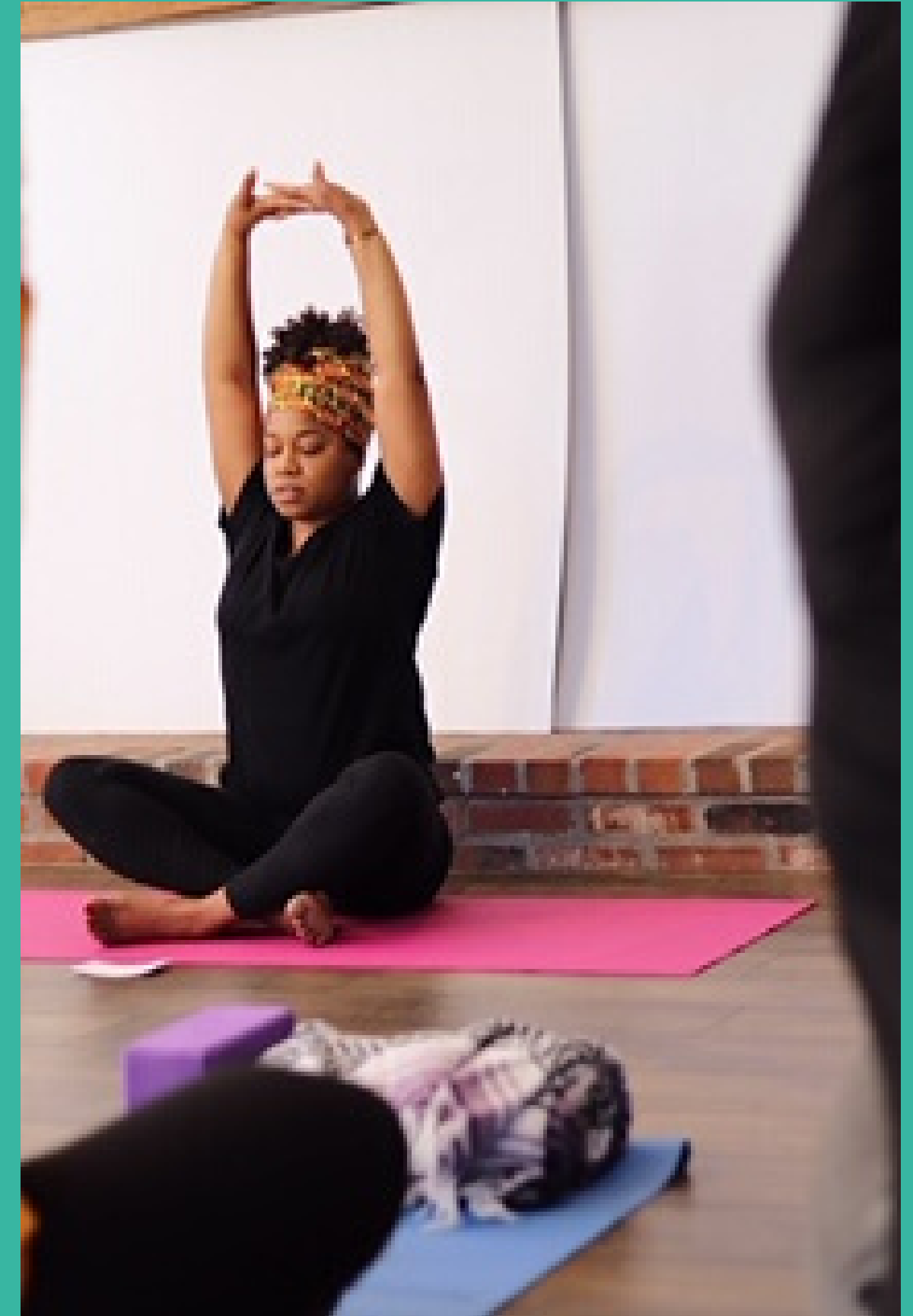
CHEST

TORSO

LOWER BODY

#MINDFULMOMENT

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Chair Yoga

#MINDFULMOMENT

