

Survey your body mentally,  
resting each area. Breathe naturally  
and smoothly throughout.  
Pause to breathe as noted:

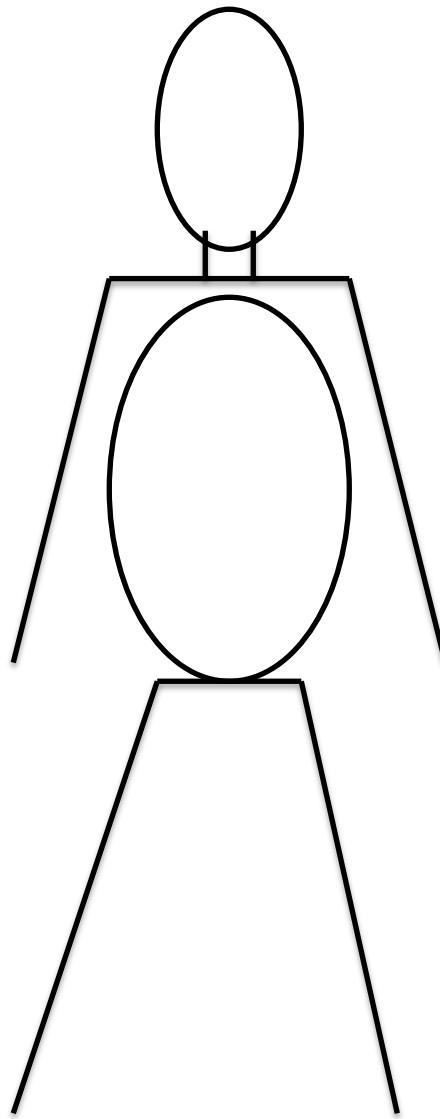
Scalp and forehead,  
eyebrows and eyes,  
nose (2 breaths),

cheeks, mouth,  
jaw, chin, throat,  
neck, shoulders,  
upper arms,  
lower arms,  
hands, fingers,  
fingertips (2 breaths)

fingers, hands, arms,  
shoulders, chest, upper back,  
heart center (4 breaths)

stomach, navel region,  
lower abdomen and back,  
upper legs, lower legs,  
feet, and toes (4 breaths)

Next move back upwards  
resting these same areas  
back to the crown of the head,  
without pausing for breathing  
at any points.



down, then up

## Systematic Relaxation