

Progressive Muscle Relaxation Exercise

- ★ Stretch your legs out in front of you
- ★ Point your toes toward the wall
- ★ Now tighten the muscles in your calves and those in your thighs
- ★ Take a deep breath in and hold it
- ★ Breath out and relax your muscles
- ★ Let your legs go back slowly down to their original position

Take a minute to feel the relaxation in your legs...aaaah.

