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.