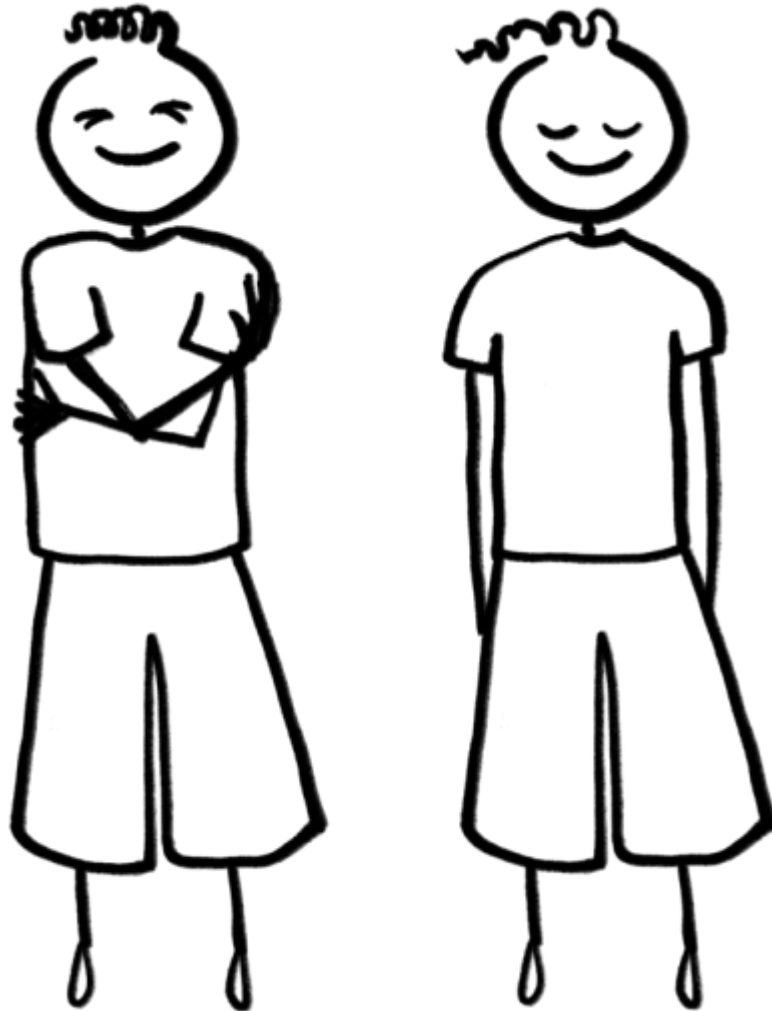




# Squeeze and Relax

Release tension with awareness



**“My inner light shines brightly.”**

With eyes closed, notice each part of your body (from the feet, legs, hands, arms, main body, up to your face.) Is there any comfort or discomfort? Breathe in and squeeze each part of the body. Breathe out and relax. Now inhale and hug the whole body. Exhale and relax. Notice where any tension remains in the body as you relax your entire self.

Caution: Go gently with injuries or pregnancy. © Happy Poses 2019

Check with a healthcare professional to make sure these exercises are appropriate for you.