

Progressive Muscle Relaxation

Pre-sleep meditation to release stored stress

How to practice:

- Find a comfortable position to lay down
- Scan and take stock of how your body feels before you begin
- Take six deep belly breaths to center and begin to relax yourself. On the exhale feel your body release 1% of tension and notice how your body sinks heavier into the ground
- Begin at your feet. Take a deep inhale and activate all the muscles in your feet. Hold the tension at the top of your inhale. As you exhale release all the tension in your feet at once
- Continue this process one muscle group at a time moving up your body:
 - calves
 - thighs
 - glutes
 - lower body (glutes all the way to your feet)
 - stomach
 - back (squeeze shoulder blades together)
 - arms and hands
 - face and neck
 - upper body (stomach, back, arms, hands, face, and neck)
 - entire body 2x
- Take a few rounds of deep belly breathing savoring the new relaxed sensation in your body. Let your breath return to normal and proceed into sleep if doing the practice before bed

