

## MUSCLE CONTRACTING EXERCISE

1

While sitting, standing or laying down, exhale fully.



2

Contract ALL your muscles as if tensing every cell and molecule in your body.

Tighten, tighten, tighten and tighten some more and hold.



3

After holding yourself completely tight for at least 20 seconds, suddenly let go of this contraction and feel how all your tension has just been relieved.

**LET IT ALL GO.**



You may do it during any private moment during the day or at night. **Repeat as needed.**