

Relaxation



Squeeze ball in
RIGHT hand.

....and RELAX.



Squeeze ball in
RIGHT hand.

....and RELAX.



Squeeze ball in
RIGHT hand.

....and RELAX.



Squeeze ball in
LEFT hand.

....and RELAX.



Squeeze ball in
LEFT hand.

....and RELAX.



Squeeze ball in
LEFT hand.

....and RELAX.



Squeeze ball with your
RIGHT shoulder

....and RELAX.



Squeeze ball with your
RIGHT shoulder

....and RELAX.



Squeeze ball with your
RIGHT shoulder

....and RELAX.



Squeeze ball with your
LEFT shoulder

....and RELAX.



Squeeze ball with your
LEFT shoulder

....and RELAX.



Squeeze ball with your
LEFT shoulder

....and RELAX.



Make a
MONSTER face

....and RELAX.



Make a
MONSTER face

....and RELAX.



Make a
MONSTER face

....and RELAX.



Squeeze ball between
your KNEES

....and RELAX.



Squeeze ball between
your KNEES

....and RELAX.



Squeeze ball between
your KNEES

....and RELAX.



Take a big breath IN

HOLD

....and RELAX.



Take a big breath IN

HOLD

....and RELAX.



Take a big breath IN

HOLD

....and RELAX.



Deep pressure



Lay down and RELAX

for 3 minutes

Listen to the music