

1. SIT ON A CHAIR.



2. SCRUNCH UP YOUR FACE...
THEN RELAX IT.



3. TENSE YOUR ARMS...
THEN RELAX THEM.



4. TENSE UP YOUR SHOULDERS AND CHEST...
THEN RELAX THEM.



5. TENSE UP YOUR LEGS...



THEN RELAX!

6. BREATHE IN RELAXATION...



BREATHE OUT TENSION.