**Toe to Head Guided Imagery**

Let’s Begin. Uncross your legs and your arms. Get comfortable in your seat, close your eyes, and take a deep breath in and let it out. Again, take a deep breath through your nose and push it out through your mouth allowing the tension to leave your body. Focus on my voice as I move you through the tightening and release of various muscle groups.

Start by shifting your attention to your feet…Curl your toes under, as if to touch the bottom of your feet….hold this for a few moments and then gently relax.

Point your toes out directly in front of you, feeling the tension in your ankles….hold & then relax. Tense the calf muscles…hold & relax. Tighten your thigh muscles, try not to involve abdominal area…hold & relax. *Make sure participants are doing their deep breathing*. Breathe in slowly, and exhale. Let your body relax. Repeat the hold & relax for each muscle group you move them through.

Next, make a fist with each hand, bend your arms at the elbow, and tighten up your arms while holding the fist. Clench your finger tips into your palms makes a fist with each hand. Feel the warmth and heaviness of deep relaxation penetrate your muscles.

Shrug your left shoulder as if to touch your ear…then your right shoulder. Shrug both shoulders together.

Tilt your head to your left shoulder, and then tilt toward your right shoulder. Bring your head forward to touch your chest. Bring your head backward to your upper back. Feel your muscles releasing the tension, letting go.

Next, clench your jaw tightly. Push your tongue against the roof of your mouth. Open your mouth wide. Squint your eyes tightly. Wrinkle your forehead. (Take your time going through the groups).

Relax your face…feel your forehead smooth out….soften your eyes….relax the spot between your eyebrows….let all facial expression fall away As you sink down deeper into relaxation, let the tension go and enjoy the relaxed sensation your body feels.