



RELAXATION

When and where did I practice?

What parts of my body were tense?



- Very tense
- Tense
- Relaxed
- Very relaxed



- Very tense
- Tense
- Relaxed
- Very relaxed



- Very tense
- Tense
- Relaxed
- Very relaxed



- Very tense
- Tense
- Relaxed
- Very relaxed