

A RELAXATION EXERCISE

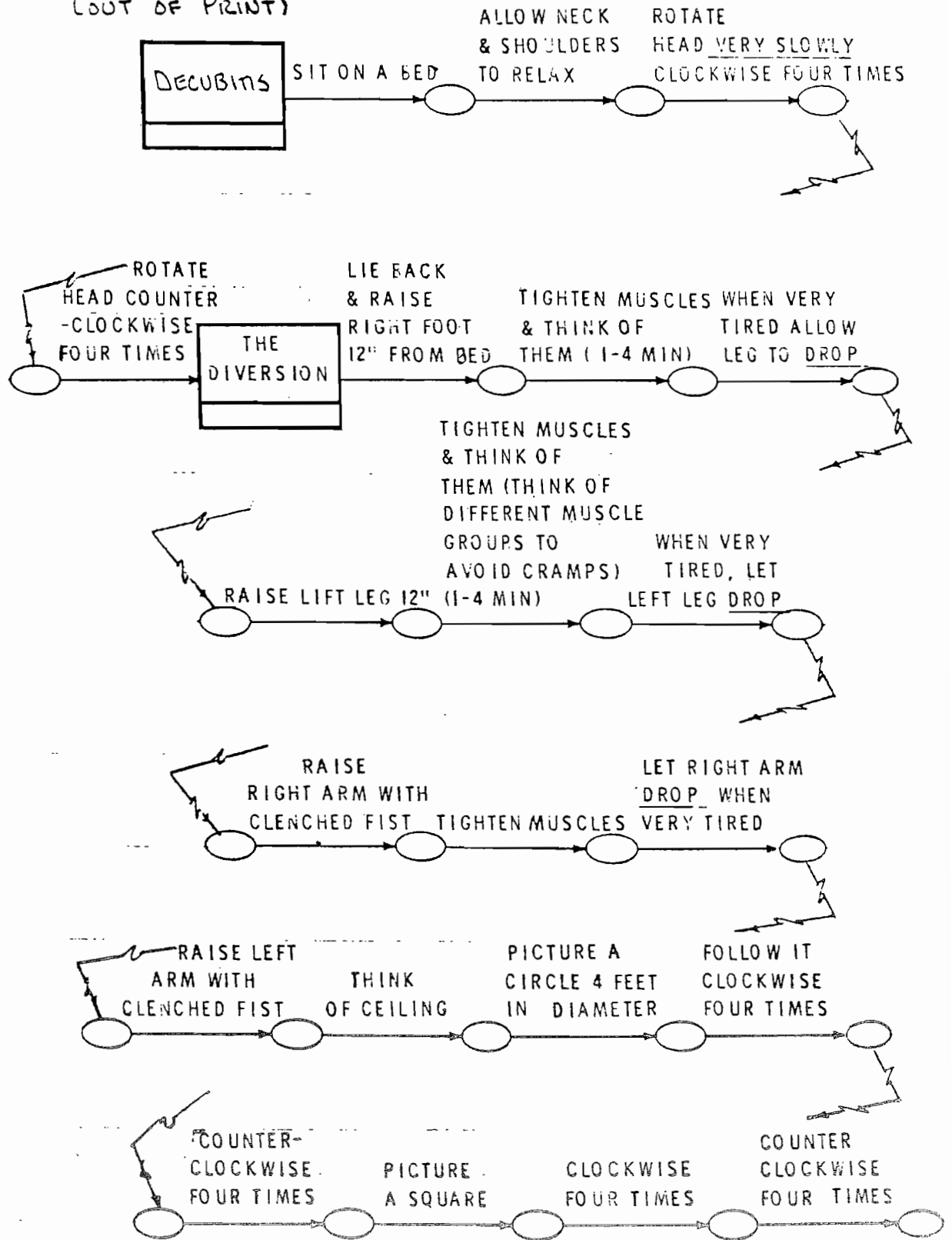
FROM

MOBILIZING THE MID-BRAIN

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PUTNAM & SONS N.Y. 1924

(OUT OF PRINT)



Activity ID	Years
100	DECUBITIS
110	SIT ON A BED
120	ALLOW NECK & SHOULDERS TO RELAX
130	ROTATE HEAD VERY SLOWLY CLOCKWISE 4 TIMES
140	ROTATE HEAD COUNTER CLOCKWISE 4 TIMES
150	THE DIVERSION
160	LIE BACK & RAISE RIGHT FOOT 12" FROM BED
170	TIGHTEN MUSCLES & THINK OF THEM (1-4 MIN)
180	WHEN VERY TIRED ALLOW LEG TO DROP
190	LEFT LEG 12" FROM BED RAISE RIGHT ARM WITH CLENCHED FIST
200	TIGHTEN MUSCLES & THINK OF THEM (1-4 MIN)
210	THINK OF DIFFERENT MUSCLE GROUPS TO AVOID CRAMPS
220	WHEN VERY TIRED, LET LEFT LEG DROP
230	RAISE RIGHT ARM WITH CLENCHED FIST
240	TIGHTEN MUSCLES
250	LET RIGHT ARM DROP WHEN VERY TIRED
260	RAISE LEFT ARM WITH CLENCHED FIST
270	THINK OF CEILING
280	PICTURE A CIRCLE 4 FEET IN DIAMETER
290	FOLLOW IT CLOCKWISE 4 TIMES
300	COUNTER CLOCKWISE 4 TIMES
310	PICTURE A SQUARE
320	CLOCKWISE 4 TIMES
330	COUNTER CLOCKWISE 4 TIMES