

Finding deep calm through the body



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“ ***Stillness is where everything begins.*** ”

LAO TSE

Progressive relaxation is a psychophysical regulation technique that allows you to become aware of accumulated tension in the body and release it intentionally.

Through the gentle activation and subsequent release of different muscle groups, the nervous system learns to distinguish between tension and rest, supporting a state of deep calm.

This practice is not only physical. When the body relaxes, the mind quiets. And when the mind quiets, the emotional field begins to settle.

Below is a complete sequence to be practiced over approximately 20 to 30 minutes.

PREPARATION AND BODY POSITIONING

Find a comfortable position. You may lie on your back with your legs slightly apart and your arms resting alongside your body or sit with your back supported and your feet grounded on the floor.

Allow your body to settle into a position of support. Make any adjustments you need before beginning, so you can avoid interruptions later.

Gently close your eyes and take three slow, deep breaths. Inhale through your nose, allowing the air to expand your abdomen, and exhale through your mouth with a soft sigh. With each exhale, allow the weight of your body to sink a little more into the surface beneath you.

This first moment is a transition: from doing to simply being.



BREATH AWARENESS

Now bring your attention to your natural breath. Do not try to change it right away; simply observe it. Notice the path of the air as it enters and leaves, its temperature, the movement of your chest and abdomen.

Gradually, allow your exhalation to become slightly longer than your inhalation. This small adjustment sends a signal of safety to the nervous system, activating the parasympathetic response and supporting internal regulation.

Stay here for a few minutes, resting in the rhythm of your breath.

PROGRESSIVE RELAXATION BY MUSCLE GROUPS

This sequence is based on a simple principle: inhale while gently activating a part of the body, and exhaling while fully releasing the tension. The activation should not be intense; a light contraction is enough to notice the contrast with the following relaxation.

Feet and legs

Begin by bringing your attention to your feet. Inhale and gently contract your toes, holding the tension for a few seconds. Exhale and release completely. Notice the difference between activation and rest.

Repeat the same process with your calves and then your thighs. Inhale to activate, hold briefly, and exhale to release. Allow your legs to become progressively heavier, warmer, and more present.



***When the water is calm, it reflects
clearly.***



CHUANG TZU

Pelvis and abdomen

Now bring your awareness to your pelvic area. Inhale and gently activate your glutes and pelvic floor. Exhale and release softly. Imagine this area expanding and softening with each breath.

Continue with your abdomen. Inhale by gently drawing your navel inward, hold for a few seconds, and exhale, allowing your belly to fully relax. This movement is deeply regulating, as the abdomen often holds unconscious emotional tension.

Back and chest

Bring your attention to your back. Inhale by slightly drawing your shoulders back, activating the upper back. Exhale and release the weight. Feel how your shoulder blades settle more deeply.

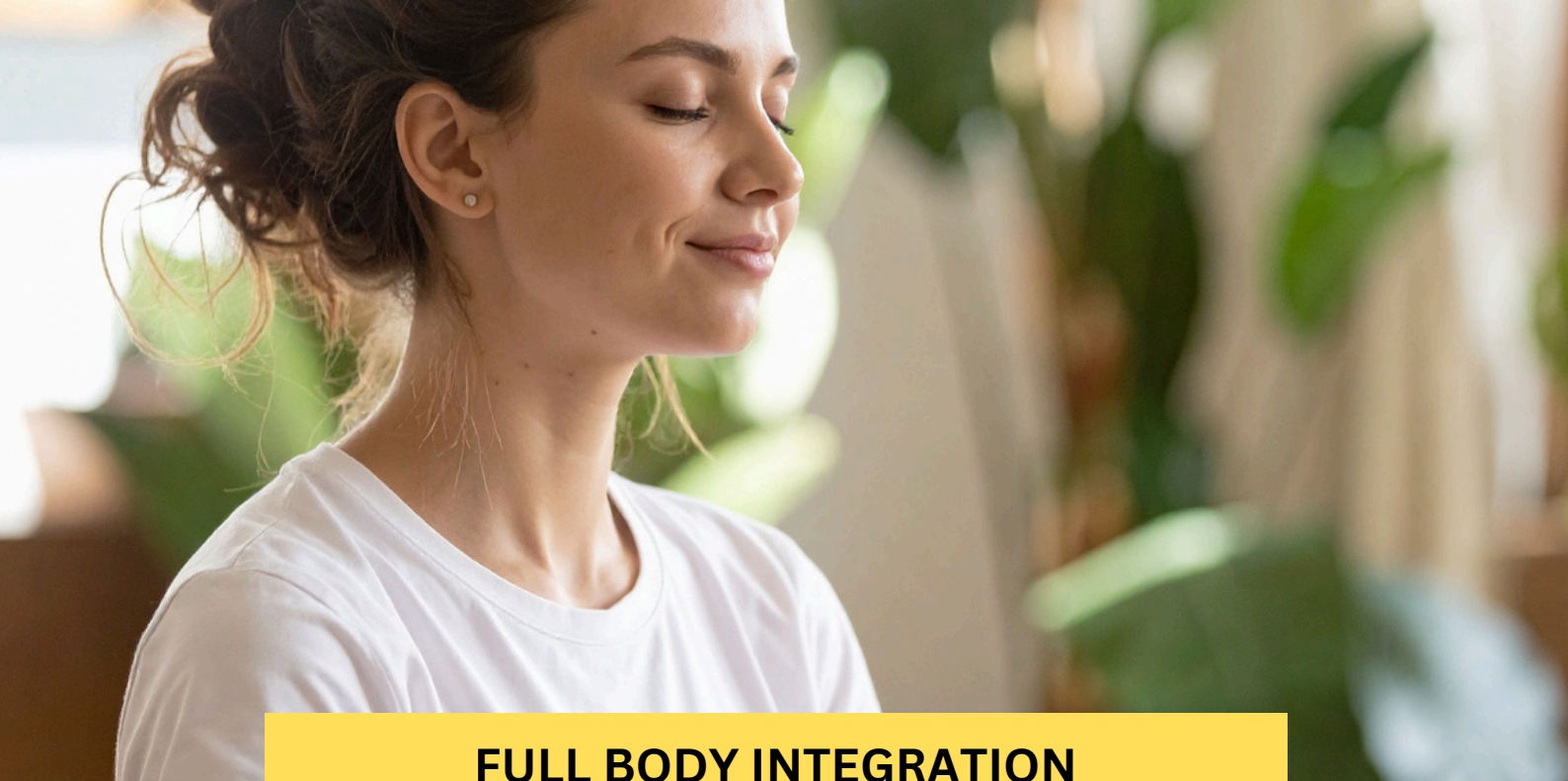
Then inhale, gently opening your chest and expanding your sternum. Exhale, allowing your chest to soften. Let your breath find space in the center of your chest.

Arms and hands

Inhale and gently clench your fists, activating your forearms and arms. Exhale and release completely, allowing your hands to open and rest. Notice the subtle sensations in your palms: warmth, vibration, or a gentle tingling.

Neck and face

Bring your attention to your neck. Inhale and gently activate the neck muscles (for example, by softly bringing your chin toward your chest). Exhale and relax. Gently clench your jaw and release. Frown and soften. Wrinkle your forehead and allow it to smooth. Let your tongue rest at the bottom of your mouth and slightly separate your teeth. A relaxed face sends a powerful signal of calm to the brain.



FULL BODY INTEGRATION

Once you have moved through the main muscle groups, bring your attention to your body as a whole. Imagine a wave of relaxation moving through you from your feet to your head, integrating each area you have worked on.

Feel your body as one, breathing. Notice the weight, the temperature, the inner space. There is nothing to do, nothing to achieve. Just presence.

Stay here for a few minutes.

CLOSING AND RETURN

To finish, gently deepen your breath. Begin to move your fingers and toes slowly, stretch if your body asks for it, and when you feel ready, open your eyes gently.

Allow the transition to be gradual. Notice how you feel before fully returning to activity.



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