Hypnotherapy Center

Gentle movement and calming guide

Free complementary guide â Hypnotherapy Center

Gentle settling prompts (optional)

1. Soften the knees and shoulders if standing.
2. Lengthen the exhale a little if comfortable.
3. Slowly turn attention to the feet or hands.
4. Name one sensation that feels steadier.
5. Rest for three breaths before returning to the day.

Complementary support only â not medical advice, diagnosis, or a cure.

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