

— DR. MED. STEPHAN FRUCHT —

PROGRESSIVE MUSCLE RELAXATION

— ACCORDING TO JACOBSON —



SPOKEN INSTRUCTIONS WITH MUSIC

You only need a comfortable seat to do the exercises.

For the sitting position select a comfortable chair with a backrest, best of all without armrests or a stool.

Breathe in deeply and straighten your upper body. When breathing out — slump forwards so that the back curves.

Once you have found a comfortable sitting position, place your feet hip-wide apart with the arms resting lightly on the thighs. Remain as loose and relaxed as possible in this position.

You can also exercise in a lying position

Find a comfortable position lying on your back. A small roll cushion can be placed under the knees to give the back more comfort. The arms should rest at your sides, with the palms facing downwards and the feet should be slightly apart.

Begin the exercises with three deep breaths. At first you should concentrate on your breathing.

On the next pages you will find

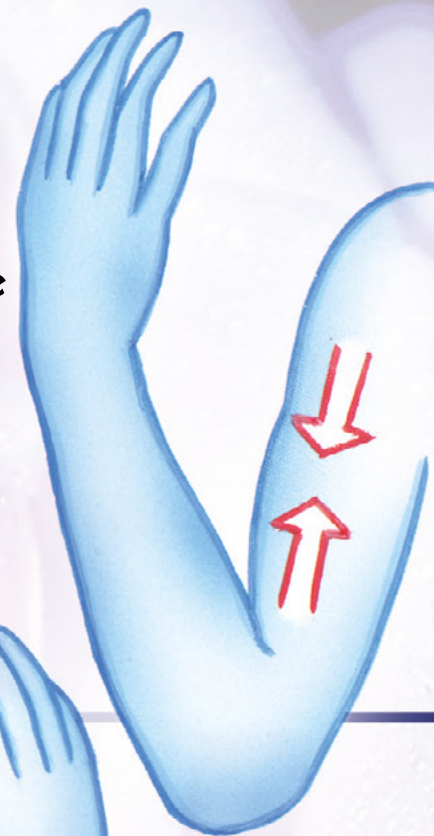
20 Illustrations for the Longversion CD Track 3

Make right hand
into a very light fist



Bend right
elbow and
lightly tense
upper arm

2

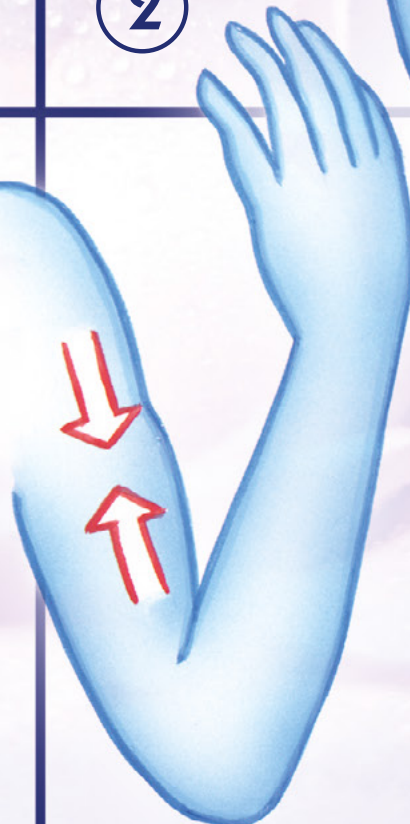


Make left hand into
a very light fist



Bend left
elbow and
lightly tense
upper arm

4



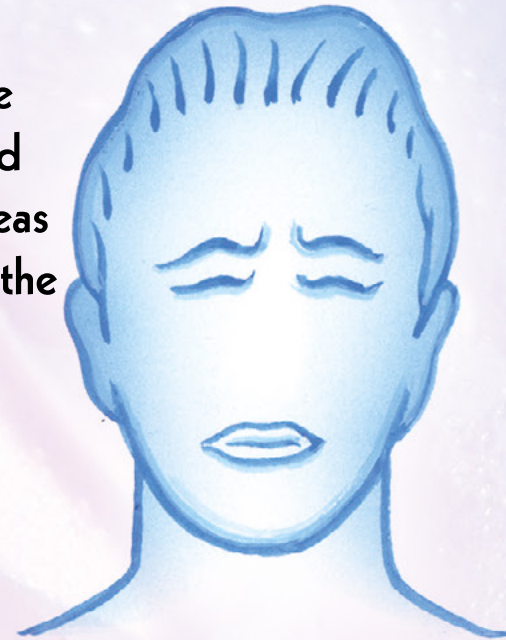
Pull
eyebrows up
and lightly
wrinkle
forehead

5



Shut the
eyes and
relax areas
around the
eyes

6



Clench teeth
together and
relax jaw
muscles

7



Purse lips
towards the
tip of the
nose

8




— DR. MED. STEPHAN FRUCHT —

Since gaining his doctorate in trauma surgery, Dr. Med. Stephan Frucht has been occupied with problems related to the motor system and neuro-muscular relaxation techniques. In using Jacobsen's Progressive Muscle Relaxation method, he achieved significant successes in daily practice.



Dr. Med. Stephan Frucht received his medical education at Humboldt University in Berlin. After diverse professional stations abroad, he carries out interdisciplinary work with bone and joint surgeons as well as internists at the Berlin Meo-clinic.



It is advisable to start your exercises in a quiet environment at the outset. Begin with two 30 minute sessions a day. You will subsequently be able to apply the short version of progressive muscle relaxation (15 minutes) in different places, e.g. your office, or at the airport. You will then manage to relax and feel at ease at any time and anywhere.

Stretch neck
muscles
by slightly
bending
head down

9



Pull both shoulders
towards ears

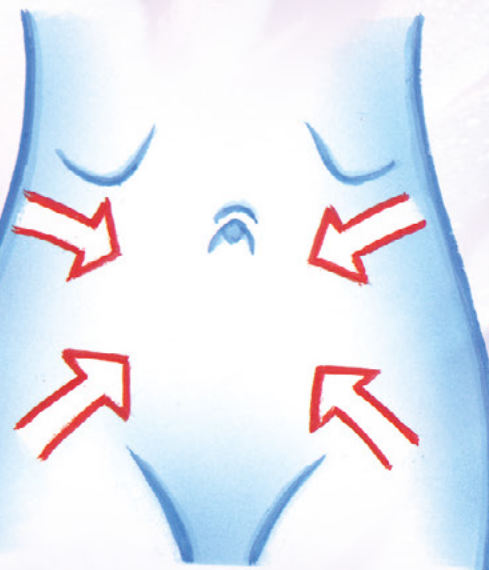
10

Pull shoulders back and lightly push
chest forward



11

Lightly pull abdomen in

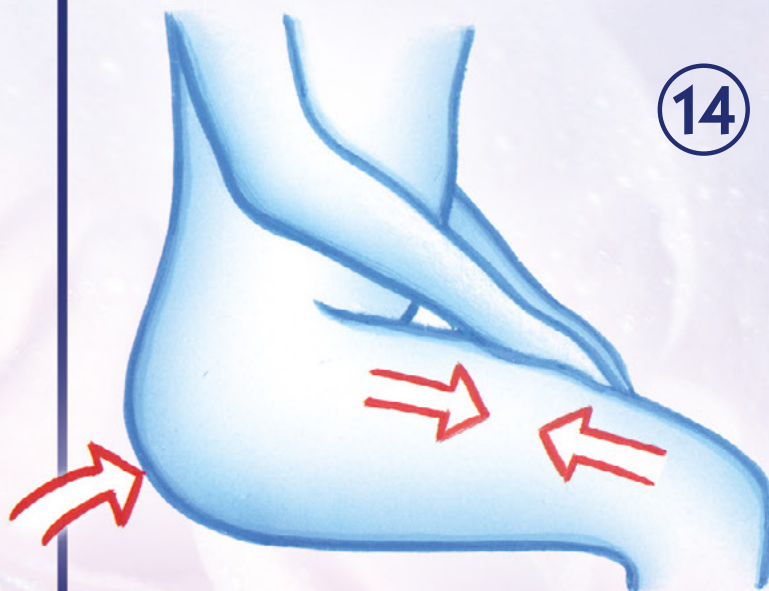


12



13

Tense
stomach
again and
push
lightly
outwards



14

Tighten right buttock and
tense right thigh

Tense right calf
muscle by pulling
right foot
upwards

15



16

Curl right toes downwards
and tense right foot

INNER TRANQUILITY

Deep muscular relaxation according to Jacobsen is an effective and easy to use self-healing method for all ages.

The muscles are systematically lightly tensed and then relaxed. Intensive awareness of physical tension phases and relaxation phases help you control your body, and find a new method of relaxation.

Restlessness, anxiety, insomnia through to symptoms such as stomach problems, headaches, and heart palpitations, are indicative of a stressed body and your over-strained mind. These symptoms can indicate that your body is unable to meet the demands of modern life.

A pleasant feeling of physical comfort is achieved using Jacobsen's method by relieving tension and existing stress symptoms. You will find yourself on the path to regaining mental well-being.

Progressive Muscel Relaxation according to Jacobson

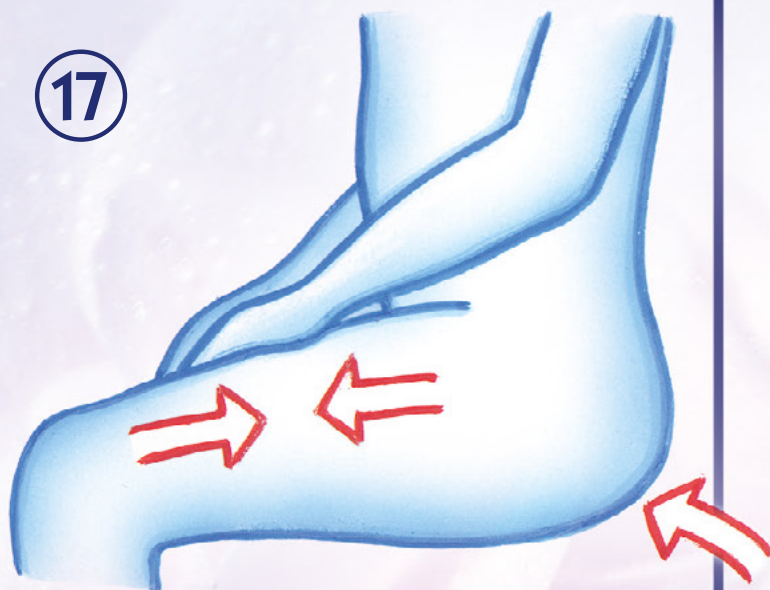
THE SURE WAY TO REACH

Progressive muscle relaxation is a scientifically proven relaxation method which is recommended by medical practitioners. It was developed in the 1920's by Professor Edmund Jacobsen as a method to deeply relax the muscles and increase your sense of well-being. You will become calmer and find your inner peace.

Regular training enables you to

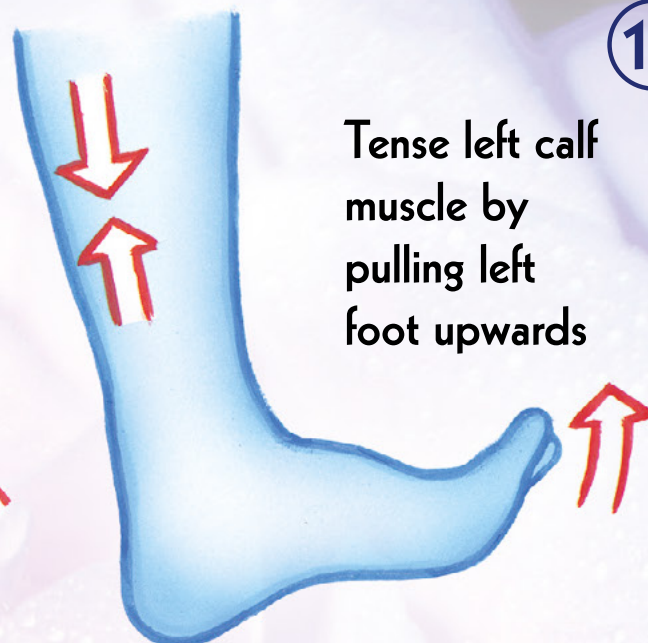
- **relieve tension and overcome blockage of the joints**
- **relieve existing stress symptoms**
- **reduce risk of stress-related illnesses**
- **improve sleep and the immune system**
- **reduce anxiety and restlessness**
- **strengthen well-being and vitality**

17



Tighten left buttock and tense left thigh

18

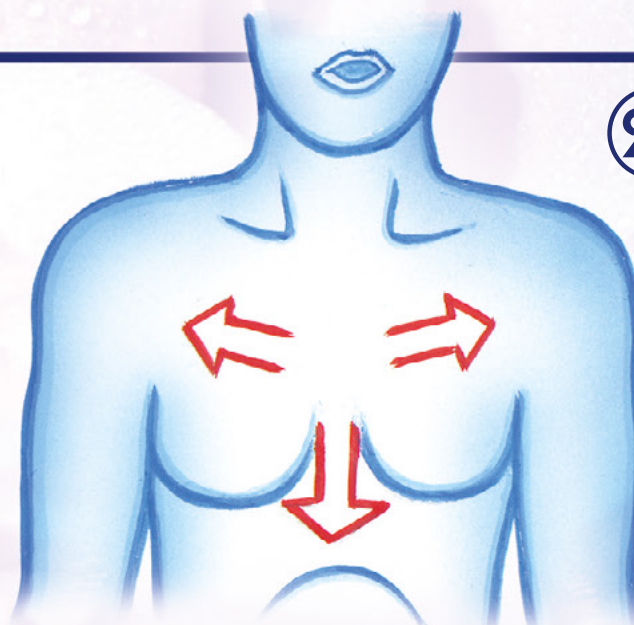


Tense left calf muscle by pulling left foot upwards



19 Curl left toes downwards and tense left foot

20



Breathe deeply and sense relaxed muscles

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PROGRESSIVE MUSCLE RELAXATION

— ACCORDING TO JACOBSON —

- | | |
|------------------------|---------|
| 1. INTRODUCTION | (04:04) |
| 2. PREPARING | (05:47) |
| 3. LONG-VERSION OF PR | (31:46) |
| 4. SHORT-VERSION OF PR | (21:19) |
| (TOTALY 62:56) | |

SPOKEN INSTRUCTIONS WITH MUSIC



Music to Balance Your Life **Relaxation / Yoga / Spa / Celtic / World**

Sequoia Records is dedicated to creating music to enlighten the mind, nourish the soul and celebrate life. For more than 30 years, we have released groundbreaking recordings of Ambient, Worldbeat, Native/Drumming, Trance/Dance, Chill-Out/Lounge, Celtic and Meditative Healing music.

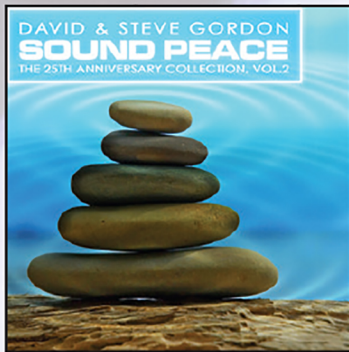
David & Steve Gordon founded Sequoia Records in 1982 with their first album, Misty Forest Morning. The Gordon Brothers are pioneers in the use of nature sounds in meditation music and are among the originators of the New Age music genre.

We reduce our impact on the environment by using only soy-based inks and recycled paper, and by donating a portion of all proceeds to organizations such as the Rainforest Action Network, the U.N. Indigenous Peoples Fund and the Seva Foundation.

The music of Sequoia Records connects people with the Earth, with each other and with the deepest parts of themselves, helping to make the world a more beautiful and harmonious place in which to live. We invite you to share with us in that vision.

**Visit David and Steve Gordon on Facebook, YouTube, and Twitter. Read their blog,
Sound Peace - Notes from Our Musical Journey at TheGordonBrothers.net**

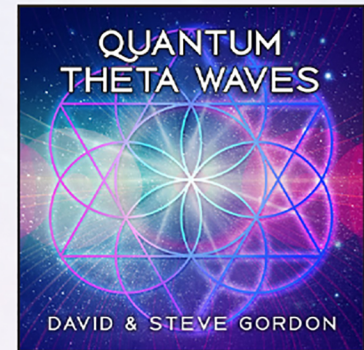
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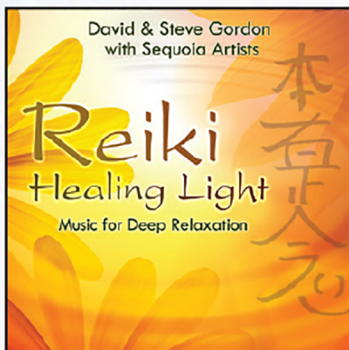
SOUND PEACE
David & Steve Gordon

LISTEN NOW

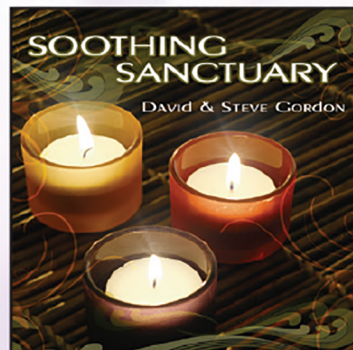
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Music is Available on Your
Favorite Music Service!



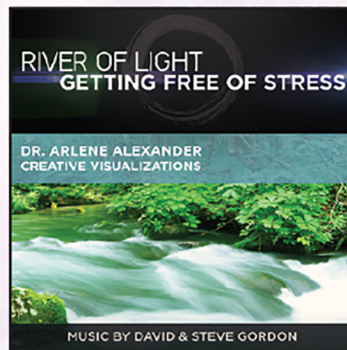
QUANTUM THETA WAVES
David & Steve Gordon



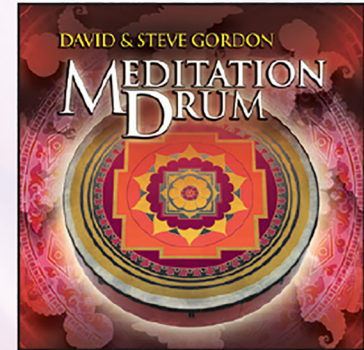
REIKI HEALING LIGHT
David & Steve Gordon



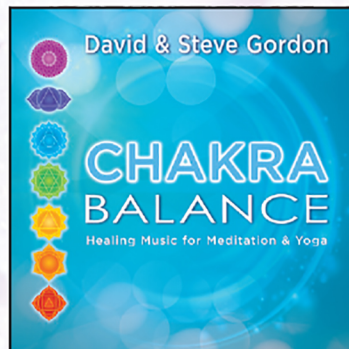
SOOTHING SANCTUARY
David & Steve Gordon



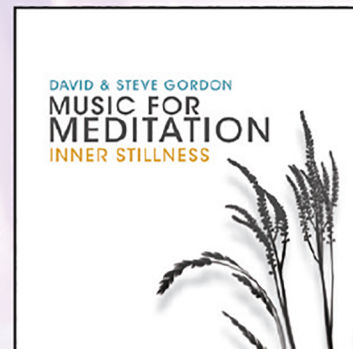
RIVER OF LIGHT
Dr. Alexander/Gordons



MEDITATION DRUM
David & Steve Gordon



CHAKRA BALANCE
David & Steve Gordon



INNER STILLNESS
David & Steve Gordon



GARDEN OF SERENITY
David & Steve Gordon



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