

MODULE III-4

DYNAMIC RELAXATION LEVEL 3

DR3 posture:

- Sitting forwards on your chair, tuck your feet beneath you, knees apart and with the heels off the ground and touching – just the toes on the ground.
- Feel the verticality of the spine and allow your cupped hands to rest in a comfortable position on or below the belly/on your lap.

As this level deals with the past, with memories, **safeguards** are a vital element to be included before and during the visualisations:

- If the memory becomes uncomfortable at any time, blow it away with your breath And go back to your breathing or breathe in calm until you are ready to invite another memory
- Remember you always have your Safe Landscape to go back to at any time you need it ...

For the basic **Sophro Open Memory** you will invite the person to:

- Invite a positive memory to emerge
- Something you enjoyed ... that represents a positive moment or situation ...
- Take time to let a memory come Or choose something that brings you joy
- Safeguard
- Once you have the memory, take a little time to immerse yourself in it and enjoy the situation ...
- Focus on the positive feelings and sensations that the memory brings you ...
- Keep those feelings with you and then let go of the memory ...