

Maximum Flexibility

**Release Mental and Physical
Stress**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are becoming extremely flexible, whatever that means to you.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more and more physically flexible. Write down any positive comments others make about your flexibility.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I am flexible

I easily hold any position

I am a yoga master

I can easily hold any yoga position

I am extremely flexible

I am incredibly flexible

my muscles can stretch like rubber

I can stretch with ease

every day I stretch better and better

I have perfect balance

I can balance in any position

I can hold any yoga pose for hours

I can effortlessly hold any yoga pose

I easily stretch my body into any position

I naturally relax and release

I easily release physical tension

I easily release physical stress

I love doing yoga

every breath I take loosens my muscles

my body is healthy and pure

my body is free from toxins

my body is free from stress

my body is in perfect balance

my body is naturally relaxed

I effortlessly relax my body

I naturally release stress

I breathe out stress and anxiety

I hold the stillness in my mind

I focus on stillness with my breath

I am naturally flexible

I naturally stretch my muscles like rubber

I stretch further with every exhale

I automatically release tension when I breathe

I naturally release tension when I breathe

You are flexible

You easily hold any position

You are a yoga master

You can easily hold any yoga position

You are extremely flexible

You are incredibly flexible

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You can stretch with ease

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