

STRESS LESS PILATES

RELAXATION

Quick and Do-able Relaxation Tips



1 BREATHE

Stop, and breathe this way to help you relax:

- Breathe in for 4 counts
- Hold for one count
- Breathe out for 6 counts
- Pause again for one count

Repeat for 10 rounds.

2 BELLY BREATHING

When you feel you have got the hang of the breathing, try now to take the breath into your belly.

- *Inhale through the nose and let the air travel deep towards your tummy.*
- *Allow the tummy to rise with the in-breath*
- *Breathe out through pursed lips, allowing the tummy to fall.*
- *Keep with the slow in and out breath*

3 BODY SCAN

Feel for areas of tension in your body starting at your feet, working your way up to your head, and ask:

- *Where am I feeling tension?*
- *What muscles are tight?*
- *How do I feel restricted?*
- *Is any part of my body with tension?*

4 BREATHE OUT TENSION

For any lingering areas of tension (lower back, neck, shoulders etc) do this:

- *Image the area of tension is like a fog - the greater the tension, the thicker the fog.*
- *Focus on that area as you breathe in and out, allowing the out-breath to blow away the fog.*
- *Keep to the one area and clear the fog before moving on to the next.*