



Inspiration for the Dance of Life

The Practice of Relaxation

Relaxation is a skill. It takes practice.

I invite you to gift yourself, daily, with 15 minutes (at least) of relaxation.

Examples of Relaxation:

- 1. Lie on the floor with your legs resting up on a couch, chair, or bed, for 15 minutes.**
2. See #1.
3. See #1.

The technique listed above can provide the following benefits:

- Re-setting of the nervous system
- Relaxing of muscles (your head weighs 8-14 lbs. – give your neck muscles a nice vacation from holding up your world)
- Lowering of blood pressure
- Quieting the ‘monkey mind’
- A sense of calm

Do this *during* your day. Yes, I know...make the time, anyway. Put yourself on your calendar. You are worth it.

I asked a client recently how her young children reacted when they were over-tired, stressed, hadn't had a nap. Answer, "Tantrums." My question to you: Where is your body providing you a tantrum because it is over-tired, stressed, and hasn't had a rest? Headaches? Tight neck muscles? Low-grade stomach ache? Acne? Jaw soreness? Eye strain? Weight gain?

See #1.

Take good care,

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