

deep breathing

1. Get comfortable with your back straight.

2. Place one hand on your belly.

3. Count "one, two, three" seconds on the inhale.

4. Breathe in through your nose. Let your belly fill with air, then your chest & collar bones.

5. Count "one, two" on the pause.

6. Count "one, two, three, four" on the exhale.



7. Exhale using your stomach muscles to push out the last of the air.

8. Count "one, two" on the pause.

9. Repeat three more times.

Mabage For Relaxation

M Mark



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Become More Relaxed In A Day For Dummies Shamash Alidina,2012-05-23 Discover how relaxation can help you reduce stress and calm your mind Become More Relaxed In a Day introduces you to a range of relaxation techniques and exercises that can help you to keep your life in balance and stop stress from taking over Designed to contain a day s reading this handy guide helps you to discover the benefits of relaxation for your mind body and spirit Open the book and find How to make relaxation a part of your daily routine Top tips for using exercise to help you relax Advice on using massage and self massage to help you relax Ways to ensure you have time and space to relax at home Guidance on maintaining your work life balance

Relaxation For Dummies Shamash Alidina,2012-03-19 New ways to embrace relaxation every day Relaxation For Dummies provides a straightforward guide to understanding the importance of relaxation in our readers day to day lives Covering a variety of simple relaxation techniques including meditation breathing techniques hypnotherapy guided imagery and yoga this book shows readers how to use physical and emotional relaxation to combat a range of issues including stress anxiety phobias and fears The book is accompanied by an audio CD that provides accompanying relaxation exercises for readers to follow Relaxation For Dummies Shows readers how to understand the meaning of relaxation Provides relaxation strategies to help you take it easy Teaches the benefits of healthy breathing Allows the reader to harness the powers of Yoga and Tai Chi to increase well being Note CD files are available to download when buying the e Book version

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- Chapter 2: Essential Elements of Mabage For Relaxation
- Chapter 3: Mabage For Relaxation in Everyday Life
- Chapter 4: Mabage For Relaxation in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Mabage For Relaxation. The first chapter will explore what Mabage For Relaxation is, why Mabage For Relaxation is vital, and how to effectively learn about Mabage For Relaxation.
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5. In chapter 4, the author will scrutinize the relevance of Mabage For Relaxation in specific contexts. The fourth chapter will explore how Mabage For Relaxation is applied in specialized fields, such as education, business, and technology.
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