



ReMa Practice LLC.

Relaxation

Relaxation is different from meditation: it is a method of voluntary relaxation that primarily involves the body. It is only when the body is relaxed that the mind can breathe. There are different ways to relax: sport, yoga, abdominal breathing, stretching, reading, etc.

How to relax on a daily basis: there is no method and there is nothing to control.

Practice every day (even if you only have 5 minutes!):

This practice is more akin to a gentle therapy accessible to all those who wish relieve the small ailments that result from it, to let go, and stop ruminating thoughts.

You can start by doing all kinds of activities: read a book, lie down in a bed or hammock or in the grass with your eyes closed, do breathing exercises, play sports, do yoga, stretch, etc.

Gradually, with the help of simple breathing and contraction exercises, the body relaxes the mind and emotions subside. Then it is the mind's turn to gradually enter in a state of calm.

Learning to relax allows you to relax your body and mind but also to fight against everyday ailments such as digestive disorders, insomnia, irritability, etc.

A daily practice from 5 to 30 minutes can make all the difference!