



Some definitions on the profound relaxation work that we created from our years of bodywork therapy. Our in-depth experience revealed a unique way to work with clients and the understandings gained, are now being passed forward through our training, both 'On-line' and at 'Live' events

Active Intensive Relaxation™

Relaxation is a simple and straightforward way of working on the body full clothed, where the emphasis is on 'pure relaxation' using a particular gently bodywork which is beneficial and powerfully effective. **Passive Relaxation** like deeper breathing or meditation or muscle relaxing techniques may not be sufficient to regain balance. Balance can more easily be regained with **A.I.R. Active Intensive Relaxation™** using the **F.L.O.W sequence** to deeply relax the mind and body for health recovery.

Definition of Relaxation

The state of being relaxed – Termed refreshment of the mind and body **Relaxation** is when the body and mind is free from tension and anxiety.

Wikiipedia define **relaxation** as any method that helps a person relax; to attain a state of calmness; techniques employed for wider stress management, can decrease muscle tension, lower the blood pressure and slow heart rate.

Physics Definition of Relaxation –

(Physics i.e.Energy)

The exponential return of a system to equilibrium after a disturbance. Analogy for the Human body; the system, all body systems, returning to balance, following a 'stress' disturbance.

Relaxation and Sport

Relaxation itself can be useful in a number of circumstances including:

- the promotion of rest, recovery and recuperation
- the removal of stress related reactions, e.g. increased muscular tension, etc.
- the establishing of a physical and mental state which has an increased receptivity to positive mental imagery
- the establishing of a set level of physical and mental arousal prior to warming up for competition.

Source: www.brianmac.co.uk/relaxation.htm 'Sports Coach'

NHS Comment

Relaxation can help to relieve the symptoms of stress. It can help you calm down and take a step back from a stressful situation.

Although the cause of the anxiety won't disappear, you will probably feel more able to deal with it once you've released the tension in your body and cleared your thoughts.

All relaxation techniques combine breathing more deeply with relaxing the muscles.

Don't worry if you find it difficult to relax at first. It's a skill that needs to be learned and it will come with practice.

Stress Less Comment

This is the promotion of 'passive' techniques on relaxation and we recommend them as they are very useful to promote and keep a sense of balance within us.

The A.I.R system using the F.L.O.W sequence is profound when you might feel that you require a solution that is very effective and which goes beyond wondering if these passive techniques will work, to knowing and feeling that they have worked and that happiness and joy have once again become an integral part of your life.



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