
WORKSHEET 9

RELAXATION EXERCISE

You learn better and perform better when you are alert, yet relaxed. Do a relaxation exercise before practice, before mental training or before a performance. There are many types and versions of relaxation techniques for dealing with stress or muscle tension. Here is an example of a general exercise for centering and relaxing.

The Exercise:

Make sure you are in a room free of distraction; that your clothes are loose, and take off your shoes.

Sit comfortably in a chair with your feet on the ground. Close your eyes.

Focus on your breathing. Breathe in through your nose and out through your mouth. Feel each breath as you breathe in and out. Allow your breathing to deepen.

Feel your feet and the contact with the floor; allow them to relax as you continue to breathe. Allow your toes to feel the floor.

Notice if there is any tension in your feet and ankles and as you breathe out allow them to relax.

Now feel your calves and knees – noticing and releasing any tension in them as you breathe. Imagine your feet and lower legs fill with light as you breathe. Slowly allow the light to travel up into your thighs, buttocks and belly. As you breathe in, draw the light up into your body from the floor, and up your spine.

Breathe into your back and chest. Feel the centre of your chest as you breathe in and out. Feel it swell, soften and imagine that it fills with light. As you breathe out, imagine the light radiating from you.

Imagine the light enter your shoulders and neck. Notice if there is any tension there and breathe into it.

As you breathe in, notice your jaw, and with your outbreath, relax it. Do this a few times. Feel your face – cheeks, eyes and brow; relax more with every breath.

With every in breath and outbreath feel the radiance in your body increase. Focus on the centre of your chest and on your throat. With every out breath release any tension you may be feeling. Imagine yourself becoming more present and more energized with every breath. Open your eyes and make one more deep inhalation and then exhale.