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The Art of Relaxation

We all know how stressful life is, yet many of us have lost the ability to relax. Everyone needs, and deserves, mental and physical down-time but somehow it doesn't happen. I had my share of high pressure jobs in the past and sometimes it helped when I went jogging. But in many situations, like driving in traffic or business meetings, I couldn't jog. Then I started to study the Chinese arts of T'ai Chi and Qigong ("tie chee" and "chee gung"). After a while many things began to happen: I was less tired, more mentally alert and my internal stress levels plummeted. I started to teach T'ai Chi and Qigong, but those are life-long enterprises (which I would recommend to anyone). The need for some shortcuts to relaxation was evident.

My course, [The Art of Relaxation](#), teaches simple techniques to people who have limited time but want results. I use selected Chinese practices for light stretching and relaxation of the body, combined with breathing methods and meditation techniques that will help you de-stress, balance and harmonize *yourself*.

Here's a practical example that you can use now, presuming that you are in reasonable health. Count your breaths for one minute while you are standing or sitting quietly. Many people are breathing 12-15 times per minute (1 breath = 1 inhalation and 1 exhalation). Those short breaths are sending a stressful message to your body. You can't always avoid stressful situations, but slowing your breathing can affect your stress level.

Practice with me; learn many simple techniques; use them anytime, anywhere.

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