

Centring & relaxing

You learn better and perform better when you have just the right balance in both mind and body – feeling alert, yet relaxed.

This type of exercise is best done at the beginning of the day and just before practicing. It can also be useful to do at the end of the day to let go of the day's tensions and worries. Even a 5-minute exercise can be enough to make a difference.

Example

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

Focus on your breathing. Breathe in to the count of 3, and then exhale to the count of three. You can pause slightly after each in and exhale. Feel each breath as you breathe in and out. Allow your breathing to deepen.

As you breathe, focus on the muscles of your face – eyes, cheeks, forehead, jaw and neck. Allow them to relax. Feel your chest rising and falling and imagine tension draining from your torso, then your arms, belly, buttocks, thighs, knees and calves. 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.

With every in and outbreath feel the tension in your body decrease. Focus on the centre of your chest and on your throat. With every out in breath feel light and energy fill your body. 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.