

# Effective Relaxation Techniques

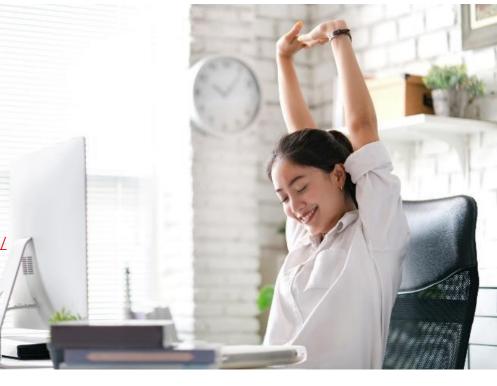
Course Code: ASKERT

**Course Duration:** 1 day, 9.00am - 5.00pm

Course Fee: \$500 (\$545 Inc. 9% GST) per participant

**Course Venue:** Hotel

Course Dates: <u>https://asktraining.com.sg/course-schedule/</u>



#### **Course Synopsis**

Stress in life and in the workplace is growing by the day. Relaxation is an important tool to manage the stress that builds up. However, do you feel that you have lost your ability to relax?

Relaxation nowadays is hindered by your daily life. At work, you have deadlines, timelines and pressures which create stress and tension which needs an outlet. Despite so, when you are at home, you may need to focus your attention to your spouse, your children and other family matters, leaving no time or space for yourself.

In our 1-day workshop, participants will learn the techniques needed to create space for relaxation. Relaxation helps one to think, act and communicate more clearly. Your personal health will benefit and you will find yourself fitter and more productive in the workplace.

## **Course Objectives**

By the end of the workshop, participants will be able to:

- Increase your sense of body awareness
- Heighten your ability to listen to body signals
- Improve your self-image
- Experience a variety of relaxation methods offering different perspectives and possibilities
- Learn exercise which you can immediately put to use in order to relax
- Review relaxation resources available to use

## Course Outline

- Relaxation in context
- Stretching and breathing Techniques
- The Feldenkrais Method: Awareness through movement
- Progressive Muscle Relaxation
- Guided imagery
- Massage Technique: Shoulders, neck and feet
- Creating space in your life for relaxation

## **Speak to a Course Consultant**

Call: <u>6484 6723</u> WhatsApp: <u>9430 3852</u> Email: **information@asktraining.com.sg**  **West Branch - HQ** 8 Jurong Town Hall Road The JTC Summit, #27-01, S609434



#### 10 Anson Road

International Plaza #06-11, S079903

#### East Branch

**Central Branch** 

229 Mountbatten Road Mountbatten Square #03-43 , S39800