



## DURATION

9.00am - 5.00pm  
(inclusive of 1 hour lunch break)

## PREREQUISITES

Participants are required to bring their own yoga mat

## COURSE DATES

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

## COURSE FEE

S\$654 (inclusive of 9% GST)

Course Code: **ASKDRT**

# Deep Relaxation Techniques for Working Adults

## COURSE SYNOPSIS

Building on the foundational skills introduced in Effective Relaxation Techniques (ERT), this one-day intensive course guides working adults into profoundly deeper states of physiological and mental relaxation. While ERT focuses on recognising stress and learning basic tools, Deep Relaxation Techniques targets the **autonomic nervous system** directly—specifically the **vagus nerve**—to **reverse chronic stress residue, reduce allostatic load, and restore the body's natural capacity for deep rest.**

Participants will move beyond symptom management into **neurological recalibration**, using evidence-based methods such as **Autogenic Training, Yoga Nidra** (non-sleep deep rest), **extended breath retention practices**, and **sensory-depth guided imagery**. The course emphasises practical integration into a busy workday, equipping each participant with a personalised **Deep Relaxation Protocol** for morning reset, workday micro-practices, post-work transition, and pre-sleep recovery.

By the end of the session, participants will not only feel deeply relaxed but will understand how to access a restorative state on demand, without lengthy routines or special equipment.

**Note to participants:** This course is a follow-up to 'Effective Relaxation Techniques - ERT'. While ERT is not a prerequisite, students are strongly encouraged to attend it beforehand.



# COURSE OBJECTIVES

By the end of this course, you should be able to:

- ✓ Explain the difference between surface relaxation and deep parasympathetic activation, including the role of the vagus nerve and brain wave states (Alpha to Theta).
- ✓ Practice at least three advanced relaxation techniques not covered in the foundational ERT course, such as:
  1. Autogenic Training (Six Standard Formulae)
  2. Yoga Nidra with Sankalpa (Personal Resolve)
  3. Extended ratio breathing (e.g., 4-4-8-4 or 1:2 exhale)
- ✓ Apply two 3-5 minute micro-practices for the workplace (e.g., one-minute vagus reset, seated acupressure, breath-movement synchrony).
- ✓ Design a personal 15-20 minute Deep Relaxation Protocol tailored to their own stress patterns, work schedule, and sleep quality needs.
- ✓ Identify the relaxation paradox (why some feel more tense initially during deep work) and use simple techniques to overcome it.



# COURSE OUTLINE

## **Topic 1**

**The Science of Deep Relaxation**

## **Topic 2**

**Extended Breath Mastery**

## **Topic 3**

**Deep Muscle Release**

## **Topic 4**

**Sensory & Imagery Depth**

## **Topic 5**

**Micro-Practices for the Workday**

## **Topic 6**

**Integration & Personal Protocol Design**