

## **5 minutes of rest**

By: Katalin Varga

Find a comfortable position, in a way, that you can pay close attention to my words. If it feels better, you can already close your eyes.

This is a time to **rest**.

Under demanding conditions, when pushing oneself to the limits, it is especially important to take some time for relaxation and rest both physically and mentally as well.

It is quite surprising, how much you can be done in a few looong minutes.

Take a **deep breath**, and exhale really slowly. Again, breeze in, and let it go, nice and slow... just let the air clear out any unnecessary stress and worries. Keep only the necessary amount you need for keeping fit and well-energized.

In and out... continue breathing in a more natural, familiar rhythm, and let **inhaling recharge**, and **exhaling cleanse** you. Without thinking of it, this process continues automatically with each breath.

Now concentrate on your body... let your muscles relax, just as much as they need to. Check if there is any part of your body needs extra attention. Maybe your face? your shoulders? your calves? or something else?

**Relax** that part as well, so that the circulation can more efficiently take the process of recharging and cleansing to it. You could send to it anything you wish: perhaps a nice cream, which is just the perfect colour, and the perfect temperature you need. Send a few massaging motions... a stroke... a gentle touch...

A comfortable warmth is spreading through your body, your stomach, your limbs... A nice pleasant warmth.

In this way, your body will rest even more and more. Really relaxes... mentally, and physically. You can reach your inner reserves easier to draw strength from them. There are many more reserves like this to be mobilised, since they are constantly nourished with all your life experiences. You can use these reserves to maintain and improve your health, to support you in demanding situations.

Remember that every time you breathe in and out you refresh and cleanse yourself - become renewed and lighter.

Now return to the **here and now**, stretch your muscles. Have the best possible day!