

## Workshop - Recognising Tension and How to release it

### Where do we hold tension?

Neck, mouth, shoulders, tummy, diaphragm, hips, pelvic floor

### What causes tension?

Poor posture, occupation, stress.

Stress can come from all different directions: emotional state (anger, sadness, grief), busy daily lives (children, finances), work, relationships, in general, the complexity of modern life.

### What are the obstacles to alleviating it?

We are bound by time! We don't give ourselves enough true relaxation time.

### How can we alleviate it?

#### *Lifestyle change*

Simplify our lives. Daily routine incorporating some of the following:

Yoga, walking, running, listening to music.

#### *Being Present*

*'If you want to be happy, Be'* Leo Tolstoy

*'Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment'*  
Buddha

*'Life is what happens to you while you're busy making other plans'* John Lennon

Being present is something that you need to practice. So practicing yoga with awareness, is being present, Antar Mouna meditation is being present. This is where you listen to the sounds for a while followed by watching the thoughts and seeing those thoughts drift past without getting caught up with them. This will filter into our life. So when you find yourself "in your head" all the time, thinking of all different scenarios and plans (which don't exist right now !), just take your attention to what you are doing at THIS moment and stay with that. Give your mind a break 😊

## Practices:

Haa Breath: Standing, arms raised, kept loose. Inhale and exhale with a Haaaa sound as you bend forward and down. Repeat up to 5 times

Shoulder shrugs: Inhale draw your shoulders up to our ears, exhale as you drop them with a sigh

Mouth and face stretching. Keep air in your mouth and move it around.

Jaw and face massage. Release the tongue !!

Joint shaking. Shoulder, arms, hands, all together. Both sides. Hip, leg, foot, together. Both sides.

Standing against a wall. Lower back pressed to wall, shoulders pressed to wall. Release tension with each exhalation. Release shoulders and just focus on lower back for a while. This is a good way of resting the back after standing for some time.

*Shavasana for restorative relaxation*: Lie on the back, legs apart, feet hanging loosely to the sides. Arms down by the sides, palms face up or in. Let the body settle. Scan the body with the awareness from the toes up to the head. Become aware of the natural breath. Watch the body breathe. Lie like this for up to 5 mins. Take the awareness back to your external surroundings before you get up.

You could add a tensing and relaxing of every part of the body at the start of Shavasana when you lie first. This is also a great way to release tensions.

You could also add abdominal breathing after watching the natural breath while lying in Shavasana.

*Abdominal breathing* has an immediate effect on the mind and is very good to reduce anxiety. Start by being aware of the natural breath. Take the focus to the abdominal area. Exaggerate the movement a little. As you breath in, feel the belly pushing forward (or up if lying down) . As you breathe out, let the belly move back in (or sink down if lying). You could have the right hand on the belly just below the navel to feel the movement.

Remember, prolonged stress can lead to anxiety, so make small changes in your life, to prevent a build up of tension and stress.

*Hari Om, Shanti, Shantii, Shanti*

Trea

Purecamping, Querrin