

FREE PRACTICE GUIDE

Intentional Rest

**The Art of Slowing Down to
Rest and Relax the Body**

Hello! I'm Adeline



- Certified Restorative Yoga Teacher and Trainer.
- Experienced full-time yoga teacher with over 25 years of teaching and 30 years of practice.
- Passionate about nervous system restorative work, mental health and wellness.

CONNECT WITH ME

Check out my teaching schedule or upcoming workshops or trainings about tension release and nervous system work.

Would you like to collaborate to offer wellness talks and classes in your company? Or maybe you've got a question?

I'd love to hear from you.



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Breathing Practices

Breathing practices help reduce stress by calming the mind and relaxing the body.

Slows Down the Heart Rate

When you take slow, deliberate breaths, your heart rate decreases, which helps you feel more relaxed.

Lowers Blood Pressure

Deep breathing can reduce blood pressure, making you feel more at ease.

Activates the Relaxation Response

Breathing deeply engages the parasympathetic nervous system, which is responsible for rest and relaxation. This counteracts the stress response.

Focuses the Mind

Becoming aware of your breath can help you take your mind off your current stressors and bring your attention to the present moment.

How often should you practice?

- Breathing practices take just a few minutes to reduce anxiety and stress.
- As you become more familiar, aim for 10 minutes or more for greater benefits.
- Practice in bed, on the living room floor, or in a comfortable chair.
- Don't force it; this can increase stress.

Breathing Practices

Click to watch video or listen.

Equal breath

- Smooth, steady breathing brings balance and calm.
- Improves mental well-being.
- Increases oxygen supply to brain and lungs.
- Reduces stress and anxiety.

Deep sigh

- Two inhales through the nose, followed by a longer exhale through the mouth.
- In the video, I used my hands to illustrate the 2x inhales and exhale. You do not have to do that.
- One to three cycles can noticeably reduce stress.
- Slows down heart rate.
- Soothes the body overall.

Self Massage and Release Tension

Self-massage helps release tension by loosening tight muscles and increasing blood flow. This physical relaxation sends signals to your brain to calm down, which helps reduce stress. It also feels soothing and comforting, promoting a sense of well-being and relaxation.

How often should you practice?

- As often as you like.
- Use gentle pressure.
- If painful, reduce the pressure.
- Don't force it; pain/discomfort can increase stress and create more tension in the body.

Click to watch video or listen.

[Neck](#)

[Jaw joint](#)

[Jaw bone](#)

Body Scan

- Stress is your body's reaction to challenges.
- It can be short-term (like a job interview) or long-term (like ongoing health issues).
- Stress often causes muscle tension, leading to discomfort.
- **Progressive muscle relaxation** helps reduce tension and anxiety.
- This technique involves tensing and then relaxing muscle groups.
- With practice, you can feel the difference between tensed and relaxed muscles.
- You can then learn to relax your muscles when you start feeling stressed.

How often should you practice?

- As often as you like.
- Practice in a quiet, comfortable space for the best results.

Click to listen.

[Progressive Muscle Relaxation](#)