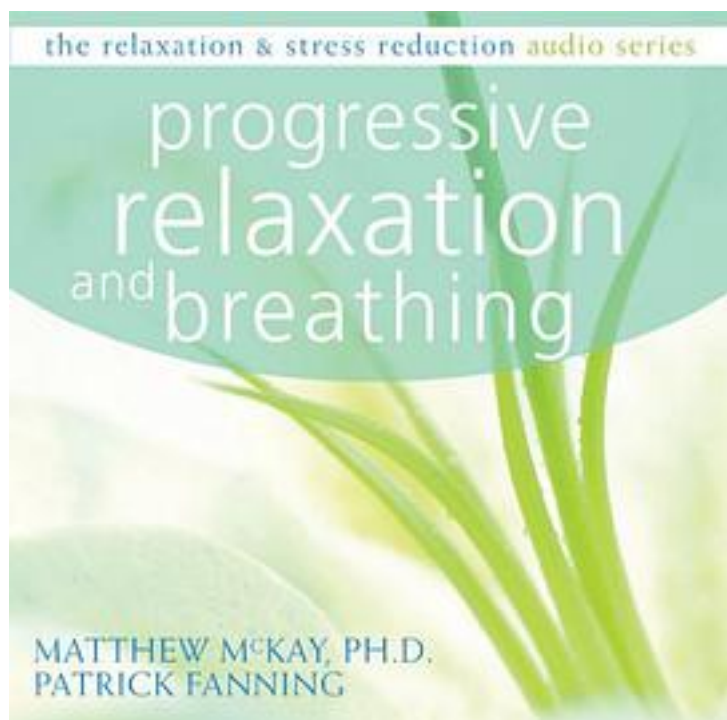


Progressive Relaxation and Breathing



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The Progressive Relaxation and Breathing audio program presents a complete introduction to the Jacobsen technique for progressive deep muscle relaxation. It offers simple breathing exercises to help you turn stressful feelings into a vanishing memory. You will also discover Yoga breathing techniques to help you relax or build extraordinary energy when you need it most. Based on the exercises and techniques in The Relaxation and Stress Reduction Workbook, the go-to guide for stress reduction and total relaxation.

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