

Relaxation

Sunday, October 27 at 9:00 am in the Bloom Room

“There is more to life than increasing its speed.” Mahatma Gandhi

In Phil Johnson’s last class, we explored the physiological effects of stress as well as several stress-reduction methods and techniques. Many who attended shared personal thoughts and experiences with stress, including things they do to manage their own stress. Phil intended to end that class with a short neuromuscular relaxation exercise, but ended up nixing the exercise because he did not want to put an end to the great discussion. That decision resulted in the omission of a major component of the class. Therefore, he will offer a complete neuromuscular relaxation session during this follow-up class. There should be plenty of time after the session for discussion.

Phil Johnson is a rehabilitation counselor, member of GSP’s choir, and GSP’s Senior Warden.