

## **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.