



INTRODUCTION TO BREATHING & RELAXATION TECHNIQUES



BREATHING & RELAXATION TECHNIQUES - WHY?

We often notice how much people benefit from using these techniques. They help you improve being in contact with your body, to become more aware of your body.

Improved body awareness helps you to detect increasing stress, tension and/or (negative) emotions sooner and helps you to notice signs of relaxation.

It can also just be a nice and pleasant moment for yourself.

TECHNIQUES WE USE

- Slow, deep breath
- Yoga
- Mindfulness and meditation
- Progressive muscle relaxation
- 30 minutes of daily moderate exercise
- Visualisation

FOR WHOM? FOR ANYONE

- with stress and tension symptoms.
- who has difficulty letting go, difficulty releasing muscle tension
- interested in using different breathing and relaxation techniques.
- who is able to attend the sessions at the given time, for one or more sessions.

CONTENT OF THE SESSIONS

- Welcome & Introduction.
- Experiencing different breathing and relaxation exercises.
- Short closure.
- You can record the instructions on your cell phone so you can practice at home.

PRACTICALITIES

- The group is open for women and men and everyone with another gender identity.
- You can join all sessions, but also just one.
- The group is kept small, with a minimum of 1 and a maximum number of 7 participants
- The trainer speaks English.

WHEN AND WHERE 2025

DAY	Monday
TIME	16 - 17.00 hrs
PLACE	Online

TRAINER

- Amber Koomen

Psychomotor therapist

You can contact her by



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FOR MORE INFORMATION



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