

Relaxation during fasting

Those who fast liberate much extra energy from the body since little of their energy is being used for digestion during this time. This energy should be properly channeled and not wasted. Since the mind is extremely clear, this is the best time for meditation: the extra energy can be used to elevate the mind to higher states of consciousness, during this time yoga relaxation techniques further add the benefits.

When individuals think of relaxation, they usually think of something that they enjoy doing and find sensually stimulating, exciting or interesting. This may include socializing, partying, watching a movie or television, reading, going to a play or sports event, or the beach or mountains and a host of other leisure activities that may be part of the modern and technologically driven world. In the path and practice of Yoga, relaxation is understood to be a conscious activity where one slows down the metabolism in order to let go of mental and physical tension.

Relaxation Techniques:

Deep Breathing:

Deep breathing is a simple but very effective method of relaxation. It is a core component of everything from the "take ten deep breaths" approach to calming someone down, right through to yoga relaxation and meditation

This is something that one can do by following these steps:

- Sit quietly and comfortably.
- Close your eyes.
- Start by relaxing the muscles of your feet and work up your body relaxing muscles.
- Focus your attention on your breathing.
- Breathe in deeply and then let your breath out. Count your breaths, and say the number of the breath as you let it out

Relaxation Technique #2

1. Lie down on the stomach. Have the chest and abdomen in contact with the ground. Have the legs about 18 to 24 inches apart.
2. Have the left hand on the floor palm down, resting the right hand palm down on top of it. Then turn the head either left or right and lay the cheek on the back of the right hand.

3. Close your eyes and mouth and breathe equally through the nose only.
4. Lay like this from five to 20 minutes