

Course Syllabus

Instructor Name: Amanda Wright

Class dates and times:

Saturdays April 16th, 23rd and 30th at 5pm to 6:30 pm

Relaxation Strategies: Breathing Exercises, Tai Chi, and Progressive Relaxation

Course Description:

This course will introduce you to different relaxation strategies, how to do them, and why they are important. This is a three-day course where each class will be about an hour and a half (1 ½ hours) of relaxation. Each class will cover one relaxation technique. We will discuss the origins, why it is a useful technique, and then finally how to do it in the final hour of our class time.

Course Materials:

For this three-day course you will need to wear comfortable and flexible workout clothing and shoes. Please bring a yoga mat or some other comfortable mat to stand and lay on. You may also want a pillow for your head to use on day three of the progressive relaxation class.

You may want to bring a notebook for note taking, but there will also be handouts on the course information, as well as the instructions for each relaxation strategy.

Course Outcomes:

Students will be able to practice the basic forms of diaphragmatic breathing while laying down, sitting up, standing and or walking.

Students will be able to practice progressive muscle relaxation anywhere.

Students will have a basic understanding of Tai Chi and how to practice it.