

Physiological changes happening During Relaxation

- Blood pressure is lowered down gradually.
- Heart rate slows down.
- All muscles are relaxed.
- Body's oxygen demand is reduced.
- Natural steroid secretion is low.
- Relaxation makes immediate difference in the way YOU FEEL!
- Your sensation of well being is improved drastically.
- Thoughts becomes more clear.
- Efficiency and performance is enhanced.