

# Relaxed Moves

manage tension before it manages you

stress isn't going away ~ it's how you handle it

1st Core Competency of  
*Elite Performers In The Zone*

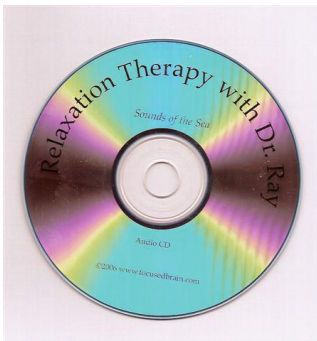


Centeredness is the result of acquired skills and reliable ability to relax at any time.

With Relaxed Moves Coaching & Training, you acquire relaxation skills, stressor identification and tension management skills. Collectively they are referred to as *Tension Management & Relaxation*.

Relaxed Moves provide the flow required for *Elite Performance In The Zone*. There is no such thing as good muscle tension and this is true in every sport ~ all performing arts ~ all aspects of daily living.

Relaxed Moves are more powerful, faster and energy efficient, as observed in the fluidity of elite athletic and artistic performances.



**It is all possible with Relaxation Therapy**

**acquire**

**Relaxation Skills**

master the 1<sup>st</sup> Core Competency of  
Elite Performers In The Zone



**control your autonomic nervous system**

reduce muscle tension while controlling the  
rhythm of your heart



**mentally ~ physically ~ emotionally ~ ready**

with the quiet self-confidence of  
Elite Performers In The Zone