**M3: A2 Mind-body Connection Relaxation Exercise**

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|  | **Relaxation Exercise**  Select one of the relaxation techniques.  Practice it at least twice this week, and describe your experience in your eJournal.  a. Relaxing through Breath  b. Body-Scan – Muscle Relaxation activity  c. Relaxing through Breathing  d. Free Guided Mindfulness-Meditations  e. Relaxing with Aromatic plants  f. Relaxing by increasing your hand temperature  [Click HERE to see the full description of relaxation techniques](http://healthymoodle.temp.knowplace.ca/mod/book/view.php?id=209) |