

# The Habit of Relaxation

Listen to quiet music 10 minutes a day to calm your body and your mind. Remove all distractions, recline in a comfortable chair, and breathe deeply and slowly. With each breath, relax your muscles from your head and neck, to your chest and torso, to your arms and hands, and finally to your legs and feet, right down to your toes.

Now start the music by clicking on the button below.

Continue breathing quietly and deeply while the music plays. For about 10 minutes.

Please note: You can play the music right from the window that opens, or you can download the music and transfer it to a playlist. To download, right-click the player window, and choose "save as" to download the audio file.

[Click here to  
play the  
music.](#)