

# Rest

---

## IS THE NEW BLACK!

WORDS by Michael Joseph

When people consider what true health is they may immediately think of movement and nourishment but very little consider the value of rest. True rest or 'conscious relaxation' triggers a powerful healing & recovery response in the body. The parasympathetic nervous system kicks in to soften the muscles, regulate to heart rate & heal & repair your muscles & connective tissues.

A lot can happen lying flat on your back! Simply lying on a firm surface with knees bent, soles of the feet on the mat is enough to trigger an immediate softening of the body.

This has always been an essential part of training for professional athletes & thankfully the general public is catching on. I remember working as a massage therapist in the Athletes Village at the Olympic

Games. It was there that I learnt that soft muscle is strong muscle with most athletes having little or no muscular tension. They achieved this through stretch and a 'timed', thorough recover & relaxation.

We are starting to see this shift in our Yoga studios. These days people are exchanging more traditional, dynamic yoga classes for more opening, healing & introspective classes like Yin Yoga.

Bodywork is also changing. For many years people have enjoyed a massage only when on holidays however more and more people are investing in regular, monthly treatment not just to 'fix' but rejuvenate & strengthen the body and mind.

Food is important & whilst we will always have fad diets nothing will replace healthy, wholesome slow cooked, highly digestive whole foods. Ayurveda & Chinese Medicine

have held true type of eating for over 5000 years. That's a long fad!

Sometimes it's best to Namastay in bed!

MICHAEL is the owner of Deep Yoga Studio, deep WHOLE foods & The Deep Retreat in Port Douglas. The Healthy Hub in Port.

**MORE INFORMATION**

[www.deepyogastudio.com](http://www.deepyogastudio.com)

[www.thedeepretreat.com](http://www.thedeepretreat.com)

[www.deepwholefoods.com](http://www.deepwholefoods.com)

(07) 4099 5183

THE PEACE COMPANY PTY LTD

