

# Mindfulness Relaxation

Patrick Baigent

# Path Relaxation Patrick Baigent

**Didier Musso**



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**The Path of Relaxation** Patrick Baigent, 2015-09-15 Discover the principles of relaxation which fundamentally involves reducing unnecessary effort Learn how this core principle of buddhism meditation and qigong can be used to improve all aspects of life The reduction of unnecessary effort combined with core mindfulness becomes the direct path of relaxation a path to greater levels of mindfulness relaxation and satisfaction and the path to true liberation Discover the Five Orders of Relaxation the Six Gears of Relaxation why meditation is a health training how meditation becomes a psychological therapy and what tension and trauma may mean for meditation The *Path of Relaxation* offers a buddhism and qigong informed model of relaxation which reveals a radical new understanding of the place of relaxation Patrick Baigent has nearly twenty years of experience in buddhism and qigong and offers teaching in London and Cambridge [www.pathofrelaxation.com](http://www.pathofrelaxation.com)

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offers teaching in Cambridge UK [www.buddhistrelaxation.com](http://www.buddhistrelaxation.com)      **Mindfulness Relaxation** Patrick Baigent, 2016-08-29

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