바르게 습득하기와 심신의 이완

1. tens에서 몸 바르게 이완하기

2. 눈치 미리 앞 터 놓아주기

3. 소재가 잘 될 때 앞아래바로하기

본문의 텍스트는 한글로 작성되었으며, 내용은 습관의 중요성을 강조하고, 털기 좋은 자세를 바르게 이완시키는 방법을 제시하고 있습니다. additionally, the text highlights the importance of posture, emphasizing the need for a comfortable and relaxed state. The methods suggested for achieving this are thorough and practical, offering a combination of verbal guidance and visual cues.

Translation

1. To relax in tens, lie on your back on a firm surface and rest your hands on your stomach. Feel the breath enter your nostrils and fill your lungs to the brim, then观察呼吸从鼻孔中呼出，使身体完全放松。这样做有助于放松全身的肌肉，缓解紧张和压力。

2. To relax in advance, sit with your back straight and your feet flat on the ground. Close your eyes and focus on your breathing. Inhale deeply through your nose, feel the air fill your lungs, and exhale slowly through your mouth. Repeat this process a few times to help you relax and focus your mind.

3. To relax when you feel ready, lie down on your back with your arms and legs extended. Focus on your breathing and imagine a soothing, peaceful scene. Visualize a serene landscape or a calming soundscape to help you relax and recharge.

The methods described in the text are simple yet effective, offering a clear and concise guide to achieving relaxation. Whether you are a beginner or an advanced practitioner, these techniques can be applied to help you achieve a state of deep relaxation and stress relief.