

# Release & Relax for Energy and Vitality



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Activities that release and relax give you energy and vitality. Stress often builds up in our bodies and minds, leaving us feeling worn down or overly sensitive to stimuli.

Do you want to feel more positive and energized? Find activities that you like to do- outdoors if possible that include breath work and activity.



I love Zumba, a dance-exercise modality and always feel fantastic after taking a class. A walk on the beach, kayaking in calm waters or bicycling on the Long Beach, Long Island boardwalk are also activities I enjoy that release and relax and give me energy and vitality.

Actively releasing stress from our bodies through physical activity or breath work immediately makes us feel calmer and more in control. Using the power of our minds to focus on more positive thoughts will begin to infuse us with energy and vitality, and we benefit by feeling stronger, more balanced,

and ready to engage in other activities again. Spend time releasing tension from your body and mind, and give yourself the gift of energy and vitality.

Do you need motivation?

Accountability? [Contact me](#) for a Power Hour Summer Special: \$99 via phone or Skype

Ask about my life and career coaching packages for full manifestation. Face to face sessions are in my Baldwin and Wantagh offices. Find out about my events and classes in Long Island:

<http://www.balanceandpower.com/events.php>

**You can get to your success destinations more smoothly and quicker with my Peak Performance Success and Career coaching assistance and also benefit from my certification to teach anger management which includes stress management and effective communication skills. You may contact me for a complimentary phone consult: [516 623 4353](tel:5166234353) -**

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