



Introduction to Relaxation Techniques

Level: Entry Level

In successfully completing this unit, the learner will have	Evidence needed
demonstrated the ability to 1. prepare for relaxation, eg by getting comfortable	Summary sheet
2. listen to the voice of a therapist in a safe environment	Summary sheet
3. identify at least three reasons for relaxation	Summary sheet
4. identify how listening to the voice of the therapist has assisted relaxation	Summary sheet
experienced 5. relaxation of the whole body for at least one session.	Summary sheet

Approved 31 Jul 2007