

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **Progressive muscle relaxation** - A relaxation technique that involves contracting, then relaxing muscle groups in the body in succession.
- **Meditation** - A mental exercise in which the objective is to gain control over one's attention, clearing the mind and blocking out stressors.
- **Yoga** - A school of thought in the Hindu religion that seeks to help the individual attain a higher level of spirituality and peace of mind.
- **Hatha yoga** - A yoga style that incorporates a series of static stretching postures performed in sequences.
- **Imagery** - Mental visualization of relaxing images and scenes to induce body relaxation in times of stress or as in an aid in the treatment of certain medical conditions such as cancer, hypertension, asthma, chronic pain, and obesity.