**How Do We Trigger PSNS, Flow State, The Zone?**

Superior athletes have learned how to stimulate, get and stay in this magical state of Flow, or the Zone. It’s that space where time slows down, your awareness and response are heightened, and everything just feels right, happens right, hits perfectly.

I’ve studied state of the art training given to elite athletes and done my best to bring it home to all of us. My Top 5 Hacks to Relax has been a huge success, helping loads of people start understanding how they have the power to influence body and mind in ways bigger than we have ever imagined!

Here I want to share a few images to help you start to recognize this optimized state in others and in yourself!

**Top 5 Hacks to Relax**

1. Pull your Belly Button in to spine.
2. Tip Pubic Bone Up, engage “Thudduck” muscles.
3. Exhale. Better yet- 2 short inhales, 1 long exhale.
4. Part your teeth.
5. Relax Tongue down off roof of mouth. Better yet- stick out tongue.

