



Mum sometimes goes with dad, but she doesn't fish. She stays on the sand, far away from the water and adopts some funny positions. "It's called yoga", she explains, "and it helps me to relax, because I learn to control my breathing, find my silence and listen to my heart. If you place your hand on your chest, you'll feel it beat."





“**W**hen we want to relax, we remove ourselves from what stresses us and seek pleasant sensations. Many have their own rhythm”, explained mum. “Like heartbeats, music, dancing leaves...” she added enthusiastically. “Yes”, she said, “but don’t forget the importance of silence, caresses and fragrances.”

I never find the right moment to relax. What I like is playing, jumping, shouting and being naughty. I think that maybe all this is what really relaxes me... Mum says that there are times for having fun and times for resting and that I find it more difficult to rest...

