

## Relaxation Audio Track Order Form

**To purchase Relaxation Audio Tracks in MP3 format on CD, complete this form and mail it with cheque or money order payment to :**

Stress Management & High Performance Clinic,  
Box 7323 U.C., University of Guelph, Guelph ON N1G 2W1

NAME \_\_\_\_\_

ADDRESS & Postal Code \_\_\_\_\_

TELEPHONE \_\_\_\_\_

E-mail address (please print clearly) \_\_\_\_\_

**Relaxation MP3 audio tracks that I wish to order :**

- \_\_\_ Progressive Muscle Relaxation (gently contract, then release tension) - full body
- \_\_\_ Progressive Muscle Relaxation - emphasizing shoulders, neck & face
- \_\_\_ Autogenic Training (autogenic self-instructions of heaviness, warmth, calming) - to calm mind/body/emotions
- \_\_\_ Alphagenic Relaxation (combines imagery, breathing and Autogenic Training)
- \_\_\_ Open Focus (brain training in broadening & narrowing focus) - for mental flexibility and relaxing mind/body
- \_\_\_ Power Hour (30 minute combination of the above techniques)
- \_\_\_ Bedtime Relaxation (combination of Breathing/Muscle/Warmth techniques to do in bed)
- \_\_\_ Bedtime Progressive Muscle Relaxation (muscle relaxation to do in bed)
- \_\_\_ Bedtime Autogenic Training (Autogenic Training to do in bed)

**Payment enclosed :**

\_\_\_ Relaxation MP3 audio tracks ..... @ \$ 10.00 per track \$ \_\_\_\_\_

PLUS postage if ordering a CD :

Postage and mailing in Canada ..... @ \$ 2.00 per CD\* \$ \_\_\_\_\_

\* NOTE: Two relaxation audio tracks in MP3 format can fit onto one CD,  
so if ordering 1 - 2 tracks, the postage is \$ 2  
3 - 4 tracks, the postage is \$ 4 and so on

( OR postage and mailing to USA ..... @ \$ 3.50 per CD \$ \_\_\_\_\_

postage and mailing to Europe / overseas ..... @ \$9.00 per CD \$ \_\_\_\_\_ )

..... **Total enclosed** \$ \_\_\_\_\_

Please make all cheques or money orders payable in Canadian dollars to the *Stress Management Clinic*.

If you have any additional questions regarding this order, do not hesitate to e-mail [ksomers@uoguelph.ca](mailto:ksomers@uoguelph.ca) or call Kathy Somers at 519 824-4120, ext. 52662. Please leave a message so I can return your call.

Thank you !