



## How do you stay energized?

By Jennifer Kahnweiler, Monday, July 23, 2007, 08:10 AM  
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I just returned from a great, high energy conference - top speakers, good opportunities to network and many new ideas. I wasn't sure what to expect since it was my first time attending. And with so much stimulation, it was also exhausting.

Every morning a Yoga class was offered before the day's agenda went into full swing. Since I was in California, I rose quite early and joined other Eastern Time zone folks as we did our stretching and breathing exercises out on the hotel veranda.

In the increasingly intense workplace of today, classes like Yoga and Tai Chi can help us stay more centered. I know people who keep meditation phrases on their screen saver, play nature's music on their iPod or slip out for some solitary time. Taking slow breaths can also be a welcome refresher.

What are you doing to stay calm and energized?