

# RELAXATION

*Meaning: Relaxation is the state of being free from tension and anxiety, often achieved through activities that promote calmness and tranquility.*

1. After a long week at work, she craved some relaxation on the beach.
2. Yoga and meditation are excellent practices for promoting relaxation and reducing stress.
3. He found relaxation in the simple pleasure of reading a good book by the fireplace.
4. The soothing sounds of nature provided a perfect backdrop for her relaxation routine.
5. They scheduled a weekend getaway to prioritize relaxation and reconnect with each other.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/relaxation>*