

Now, the owner of the Movement Studio in Glasgow's famous Ashton Lane has spoken to Nocturne to offer his top tips for relaxing on the move – something he says people seem to have forgotten how to do.

“People don't take time to unwind and switch off anymore, it's quite remarkable,” he said. “We're so concerned now about going from one place to another, or looking at mobile phones that many of us are forgetting the art of just switching off.”

Here are Finlay's top tips to unwinding on the move.

Find some relaxing sounds

“Everyone has an MP3 player or a mobile phone now, so finding some calming music or relaxation tracks can be a big help. Just by listening to something, you can switch off from other distractions.

“Classical and choral music has had a bit of a resurgence of late, a lot of people I speak to say it really helps them.”

Download an app

It's becoming something of a cliché, but even when it comes to switching off, there's an app for that.

“There's an app called Headspace that's really useful,” said Finlay. “It teaches you how to relax using self-hypnosis. Self-hypnosis unfairly gets a bad rep and it's nothing to be scared of. In fact, there's such a lot of evidence that shows it really does work.

“To put it another way, it's just some simple exercises that you can do in five minutes that leads to a greater feeling of meditation. Again, that word is misunderstood. Really, it's just learning to relax.”

Actually switch off

You don't have to rely on technology to help you unwind even when on the move. In fact, the easiest way is simply to be aware of everything around you.

“First of all, think about breathing and posture. Put your headphones on, but without the music. People won't speak to you if they think you're listening to something.

“When sitting, put both feet flat on the ground and don't cross your legs. Find something to focus on, listen to what's going on, but not the specifics, just the ambient noise. Feel the weight of your feet on the floor, of your torso on the chair. Be aware of the taste in your mouth and the smell in the air.

Then draw your attention to your breathing. A lot of people inhale, hold, exhale, hold. Think instead of breathing as circular. Each in breath followed by an out.

“Progressively focus on relaxing yourself from your head to your toes; focus on your face, your neck, your shoulders and all the way down.

“Finally, focus on counting. Count to 10 breaths, that will get the body thinking about the rhythm of what you're doing.”

Unwind on the move

“A lot of people make unnecessary movements when they're walking. That leads to tension and can cause tightness,” says Finlay.

Gyrotonic and Gyrokinesis techniques can help remove those unnecessary movements, and make walking from one place to another much less tiring.

“I've helped Andy Murray and Charlie Flynn in the past using these techniques. With Charlie, for example, erasing these unnecessary movements helped him move more efficiently and punch harder.

“It's all about being conscious of how you move and breathe. When walking, take two steps per inhale and two per exhale. That will prevent unnecessary rushing and help you think about your rhythm.”