

Walking through the Path of Relaxation

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College life is never easy and there are only two options when a student is stressed: to end up being crazy or to opt for relaxation. In this cruel world are miniature pieces of Atlantis that may keep a school person to be at least insane for long.

There are many ways to relax after the tiring school days and exhaustive activities. One is to enjoy the magnificence of nature—especially for students living in Baguio. Though an urban place, Baguio is nestled along the mountain ranges of the Cordillera. It is bounded with the magnificent facets of nature. One Sacred Family Revolution

Maryknoll Sanctuary located at Campo Sioco provides a sweet picture of the earth’s evolution. Remarkable parts of this haven are the caves that let any visitor in them experience the ancient lifestyles of the cavemen. A mini-Jurassic park has the stone dinosaurs implant depicting their age. The place depicted the simplified evolution in Pangaea’s surface as covered with multiple variations of the flora. Maryknoll’s overview is a thriving salad—packed with varieties of flowers—a good specimen for botany. The ‘Maryknoll experience’ gives anyone the blessed opportunity for deep breathing exercises without the metropolis’ pollution. Peace in a Military Refuge

The military haven does not only exist for plotting for the upcoming nation’s battle. It as well gives a person his well-needed peace of mind through the serenading voices of nature. With the view is the coming effect of the forest aura, and radiating sunlight. Philippine Military Academy offers not only eco-trails but also picnic areas for individuals who wanted to be one with nature while filling their hungry stomachs after the stroll around the vast land area of PMA. It is like a city atop the mountains. Think Green

Camp John Hay’s eco-trail is a simple yet garden collaboration of wild greeneries. Adding to its quiescent nature, the serene sanctuary has family picnics, silent strolls, and slightly, pine and fresh grass and for people to savor wholly solitude after days of stressing college exams and more. Someone can spend at least three hours from their hectic schedules for relaxation which makes up for a torturing month of busy life. Amidst the Immortal Flora

On the way to Mines View is a garden perfect for sight seeing populated with varied plants; the place’s picture is a colorful capture of a spectacle. The wide place stalls the Botanical Garden’s surface at varied levels which enables a guest for over-viewing. Botanical Garden offers different stimulus for stress diversion. A view of a man-made pond gives serenity to Piscean disciples. Near this calm view are some “balanced stones” stuck together depicting the concept of physiological homeostasis.

Stress directly affects every vital cell of the body, most importantly the brain. It degrades a person’s ability to think because of the damage it can inflict to the central nervous system. It is always one’s choice to go and save. Go end up crazy or just indulge the grandeur of relaxation.

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