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der organübungen früher als mittelstufe bezeichnet wobei die organübungen die funktionen der einzelnen organe regulieren

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web jan 1 2010 das autogene training at ist eine autohypnoide methode wie mit hilfe der klassischen hypnose kann auch mit
hilfe des atein tief entspannter trophotroper zustand erreicht werden dabei ist aber

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web die grundstufe des autogenen trainings wird zur entspannung eingesetzt die sechs Übungseinheiten dieser stufe führen
zu einem schwere und wärmegefühl in armen und beinen der beruhigung von pulsschlag und atmung zu einem wärmegefühl
im solarplexus sonnengeflecht und einer angenehmen kühle der stirn

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web in diesem kurs erlernen sie die grundstufe des autogenen trainings der kurs richtet sich an alle menschen die sich nach
entspannung sehnen und stress besser wegstecken möchten sie lernen wie sie die kraft der gedanken nutzen um ihren
körper auf wohlgefühl und entspannung einzustellen