

IPOD CLASSIC 120GB USER MANUAL



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Ipod Classic 120gb User Manual

Paul Rutter



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komplettes system zur körperlichen entspannung sie lernen das vegetative nervensystem die muskeln und das kreislaufsystem willentlich positiv gesundheitsfördernd zu entspannen

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auf die alle späteren Übungen aufbauen hier wird trainiert sich zu entspannen und sich selbst gut

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jahren vom psychiater johannes heinrich schultz aus der hypnose heraus entwickelt

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herzschlag wird reguliert die verdauung angeregt und chemische botenstoffe der entspannung werden in die organe
gesendet auch die hirnfrequenz reduziert sich und geht in den alphabereich

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

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hilfe des atein tief entspannter trophotroper zustand erreicht werden dabei ist aber

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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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entspannung sehnen und stress besser wegstecken möchten sie lernen wie sie die kraft der gedanken nutzen um ihren
körper auf wohlgefühl und entspannung einzustellen