

Tiefenentspannung nach Yoga Nidra



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Reviews

This publication is very gripping and exciting. Better then never, though i am quite late in start reading this one. I am very happy to inform you that here is the finest pdf i actually have read inside my very own daily life and could be he greatest publication for actually.
(Dayana Aufderhar)

TIEFENENTSPANNUNG NACH YOGA NIDRA

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Windpferd Verlagsges. Mrz 2012, 2012. Audio-CD. Condition: Neu. Neuware - Die CD enthält die komplette Anleitung zur Tiefenentspannung mit Yoga Nidra und drei weitere Kurzentspannungen, die Körper und Geist Energie geben, die Konzentration und die persönliche Verwirklichung fördern. Während der Tiefenentspannung können Körper und Geist schnell und nachhaltig regenerieren. Die psychischen Kräfte kehren zurück, der Körper entspannt und umfassendes Wohlfühl stellt sich ein. Die Übungsmethoden basieren auf den großen introspektiven Traditionen des Ostens, wurden weiterentwickelt und den heutigen Bedürfnissen angepasst. Die CD enthält eine 30-minütige Yoga-Nidra-Tiefenentspannung sowie drei fünfminütige Kurzentspannungen: eine Atemübung, eine Körperreise und eine Affirmationsübung. 8 pp. Deutsch.

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