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web nov 10 2014 geföhrte anleitung des autogenes training in der grundstufe 1 das autogene training wurde in den 30er jahren vom psychiater johannes heinrich schutlz aus der hypnose heraus entwickelt

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web die grundstufe des autogenen training bietet dir die möglichkeit deinen körper und geist zu beruhigen dein atem und herzschatlag 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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web die grundstufe früher als unterstufe bezeichnet wobei sich die techniken an das vegetative nervensystem wenden inkl 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