

Autogenes Training: 3 Stufen

Entspannungs-Formeln

»Ich bin ganz ruhig & entspannt«

»Arme & Beine ganz schwer«

»Arme & Beine strömend warm«

»Atmung ruhig & gleichmäßig« //
»es atmet mich«

»Herzschlag ruhig & regelmäßig«

»Bauch strömend warm« // »
Sonnengeflecht strömend warm«

»Kopf kühl & klar«



Grundstufe

Spezifische Affirmation

»meine Stimme ist fest und
setzt sich durch«

»meine Mitarbeiter
vertrauen mir«

»meine Familie ist voller
Liebe & Vertrauen«

»mein Körper heilt sich selbst«



Mittelstufe

Reisen durch Geist & Seele

Reise auf einen Gipfel

Reise auf den Meeresgrund

Begegnung mit dem
wahren Ich

Innerer Kraftort //
Raum der kreativen Kraft



Oberstufe

Das Ist Autogenes Training

RS Peters



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Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 ,

National Library of Medicine Current Catalog National Library of Medicine (U.S.), Developing Writing Skills in German Annette Duensing, Uwe Baumann, 2006-11-22 *Developing Writing Skills in German* is a unique course designed to improve the reading and writing skills of intermediate students of German Presenting a wide range of authentic written materials the book aims to develop reading strategies and the ability to write texts of various types essays articles and reviews while imparting an understanding of important aspects of German society From the environment to consumerism each chapter focuses on a different theme and concentrates on the advancement of particular skills all the chapters conclude with a task appropriate to the skills focus of the section Summary writing note taking the use of mind maps to collect ideas and other strategies for successful writing in German are presented here This course is suitable both for classroom use and independent study with feedback and answer key supplied at the back of the book

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