

ATEMENTSPANNUNG

EINFACHE & SOFORT WIRKSAME ATEMÜBUNGEN
ZUM ENTSPANNEN, REGENERIEREN & VITALISIEREN,
AUFWACHEN, DÖSEN & EINSCHLAFEN.

STARKT PRÄVENTIV
DIE ATEMWEGE,
REDUZIERT STRESS &
UNTERSTÜTZT SO
DAS IMMUNSYSTEM



Atementspannung Atem Bungen Regenerieren Vitalisieren Einschlafen

Patrick Lynen



Atementspannung Atem Bungen Regenerieren Vitalisieren Einschlafen:

Atem-Entspannung - Soforthilfe bei Stress, Ärger, inneren und äußeren Spannungen Patrick Lynen, 2018 Der Atem verbindet uns mit der Welt Er schenkt uns neue Energie von der Geburt bis zum Sterbebett Doch viele Menschen wissen nicht mehr wie man richtig atmet sie verlieren darüber ihre Vitalität Mit diesem Premium Hörbuch verfügen Sie über leicht anwendbare Atem bungen von denen Sie ein Leben lang profitieren werden Während Sie den gesprochenen Anleitungen folgen erleben Sie eine spürbare körperliche und seelische Regeneration Die bungen sorgen für einen gelockerten Körper Tonus eine entspannte Atmung und eine Stärkung Harmonisierung und Selbstheilung Ihres Körpers Inhalt Einführung 1 Intensives Heilatmen mit traumhafter Musik 2 Intensives Heilatmen ohne Musik 3 Reinigende Porenatmung 4 Yoga Atementspannung 5 Revitalisierende Tiefatmung 6 Atem bung Sicheres Zuhause zum friedvollen Einschlafen 7 Atem Wahrnehmungs bung zum Start in den Tag 8 Achtsames Atmen emotionales Gleichgewicht 9 Das Tor zur Nacht sanft in den Schlaf atmen 10 Atmen und Loslassen 11 Herzatmung mit Klangschalen Sie werden Ihren ganzen Körper atmen lassen schnell und ohne Umwege neue Kraft tanken Und so erleben Sie in erstaunlich kurzer Zeit eine spürbare körperliche und seelische Regeneration Alle bungen 6 bis 16 Minuten Länge sind absolut selbsterklärend Bringen Sie sich einfach nur in eine für Sie in bequeme und angenehme Positionen Falls Ihre Atmung durch enge Kleidungsstücke eingeschränkt ist lockern Sie diese ein wenig Lassen Sie sich von Entspannungsprofi Patrick Lynen zu diesen unterschiedlichen Atem bungen anleiten Er und sein Team qualifizierter Fachleute zählen zu den erfolgreichsten Gelassenheitstrainern im deutschsprachigen Bereich Bestseller how to get Gelassenheit Mach Dich mal locker **Bewährte Atemübungen bei Stress und Ärger** Patrick Lynen, 2019 Stress wirkt sich negativ auf unsere Atmung aus denn dadurch wird sie flach So kann weniger Sauerstoff in das Blut gelangen Zuviel Ärger und ein daraus resultierender hoher Blutdruck können auf Dauer sogar lebensbedrohlich sein Das Risiko für Krankheiten wie Schlaganfälle Herzinfarkte oder Nierenversagen steigt rasant Die richtige Atemtechnik kann Abhilfe schaffen Sie vermindert die Herzfrequenz Körper und Geist kommen zur Ruhe Die Ausschüttung von Stresshormonen wird reduziert für mehr positive Energie weniger Stress und besseres Einschlafen Mit den richtigen Atem bungen können Sie sich schon morgens ausreichend gegen den täglichen Stress grundieren nach konfliktreichen Momenten den Ärger hinter sich lassen nach einem anstrengenden Tag zuverlässig entspannen Auf diese Weise werden Sie nachhaltig Stress abbauen und haben wieder mehr Energie für Beruf und Alltag Mit diesem Hörbuch lernen Sie wie Sie durch bewusstes Atmen Stress und Ärger auflösen was für Vorteile es Ihnen bringt mit den richtigen Atem Techniken ihren Atem und Ihre Emotionen zu kontrollieren wie Sie mit einfachen absolut selbsterklärenden bungen Ihren Atem vollständig meistern und darüber gesünder und glücklicher werden Track Liste 1 Atem bung für den MORGEN Anti Stress Grundierung für den Tag 8 Minuten 2 Atem bung für den TAG Tiefatmung zur Entspannung nach stressigen Situationen 9 Minuten 3 Atem bung für den ABEND Regeneration von Stress und Ärger entspanntes Einschlafen nach anstrengenden Tagen 19 Minuten 4 Geführte XXL

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