



# Progressive Relaxation

*Dietmar Ohm*

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## **Progressive Relaxation** Dietmar Ohm

Gesundheit zum Hören! In rund 70 Minuten lernen Sie von dem führenden Experten Dietmar Ohm mit Progressiver Relaxation zu entspannen. Selbsthilfe zum Hören: Informiert umfassend. Spannend aufbereitet. Sofort umsetzbar. Wirksam entspannen mit der bewährten Methode!

### **Aus dem Inhalt:**

**Die Methode sicher erlernen in rund 30 Minuten: Die Langform der PR in 4 Übungsteilen 1 Einstieg**

#### **Langform**

Übungsteil 1: Hände und Arme

Übungsteil 2 - Gesicht und Schultern

Übungsteil 3: Entspannung des Leibes

Übungsteil 4: Entspannung der Beine

### **Rasch und gezielt entspannen im Alltag: Die Kurzformen der PR**

Einstieg Kurzformen

Übungsteil 5: Die Kurzform in 10 Schritten

Übungsteil 4: Die Kurzform in 7 Schritten

Übungsteil 5: Die Entspannung vertiefen: Ruhebild

### **Ruhebild: Anleitung Überall und unbemerkt entspannen: Mentale Kurzentspannung**

Einführung

Mentale Kurzentspannung: Anleitung

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