

## **Das kleine Atembuch (German Edition)**

Alexander Neudorfer



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Lernen Sie zu atmen!

Ziel dieses Buches ist es, ein tieferes Gespür und mehr Achtsamkeit für die Atmung zu entwickeln. Mit der richtigen Atmung wird das Leben intensiver und farbenfroher. Entdecken Sie die pure Lust am Sein!

Ein 7-wöchiges Übungsprogramm verschafft dem Praktizierenden einen unmittelbaren und innigeren Bezug zu seiner Atmung und seinen Emotionen.

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