



# Training autogeno (Italian Edition)

*Chiara Corvini*

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## **Training autogeno (Italian Edition)** Chiara Corvini

Chiara Corvini è una psicologa libera professionista,

iscritta all'albo E.C.A.A.T. degli operatori di Training Autogeno di

1° livello. Dal 2007 conduce corsi di T.A. con l'obiettivo principale

di promuovere la crescita e il benessere delle persone, consapevole che

l'ascolto del corpo e dei messaggi che costantemente ci invia è fondamentale

per il raggiungimento di uno stato di appagamento e di autentica realizzazione.

Il suo personale percorso terapeutico ad orientamento bioenergetico ha influenzato

le sue scelte formative portandola a diventare conduttrice di Esercizi Bioenergetici di A.Lowen e ad inserirli

nella sua pratica di insegnamento del Training Autogeno.

In questo ebook trovi:

Che cos'è il Training Autogeno

Le basi neuro-psico-fisiologiche del Training Autogeno

Training Autogeno in pratica

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