**Achtsame Bewegung**

**in**

**Bilder**

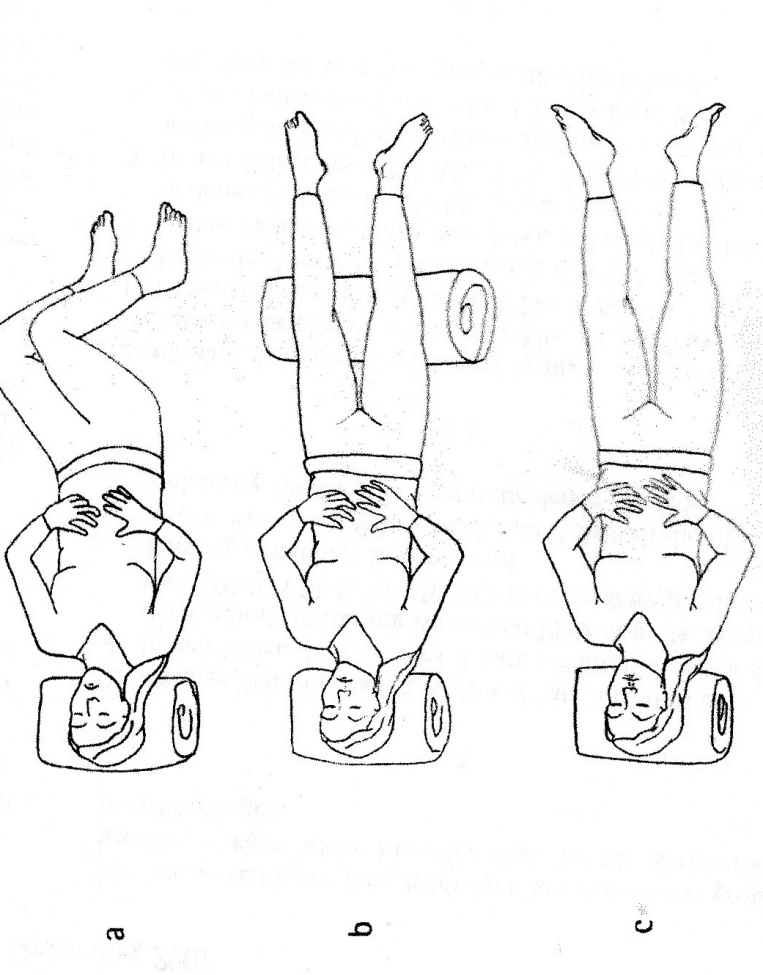
**für den**

**Breathworks-Kurs**

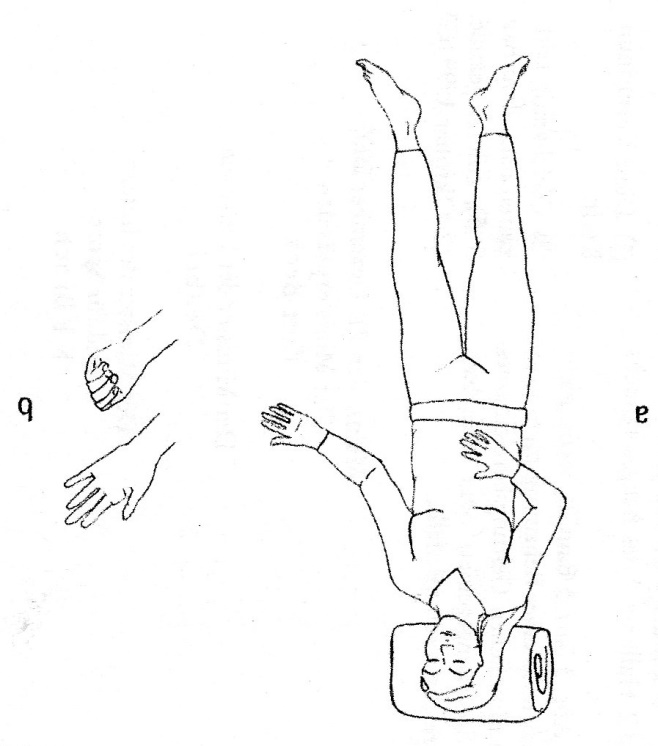
Im Buch Schmerzfrei durch Achtsamkeit finden sie ab Seite 136 etwas über die Achtsame Bewegung.

**Übungen im Liegen**

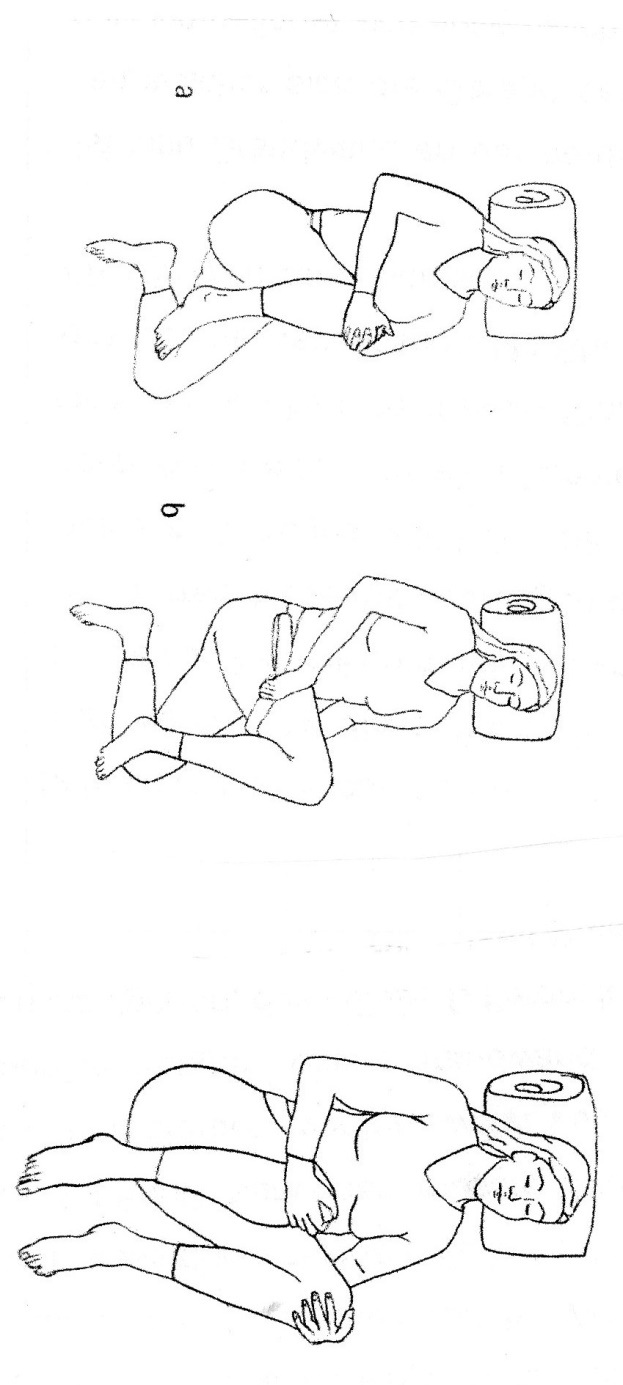
Der Atemkörper



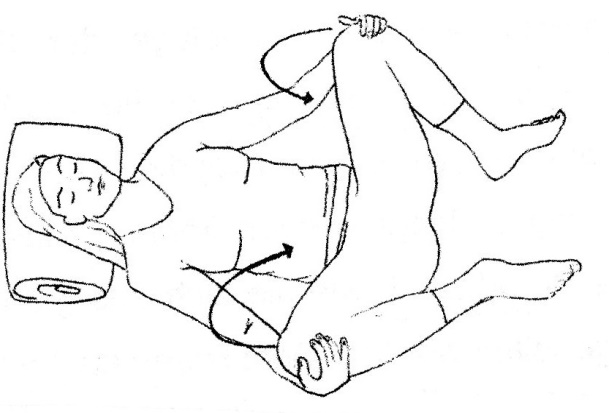
Die Hand öffnen



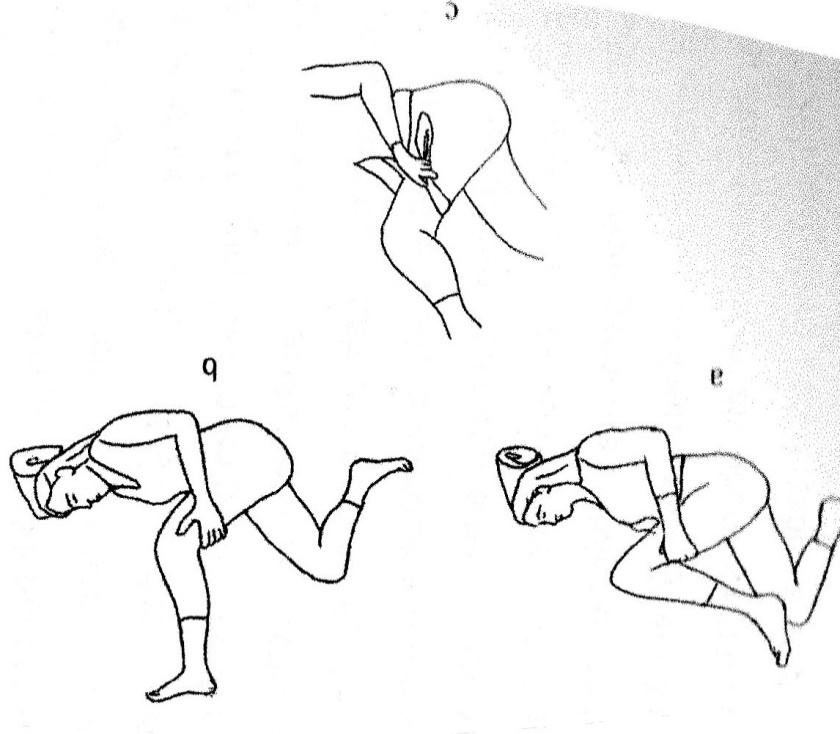
Beinwiege einseitig/beidseitig



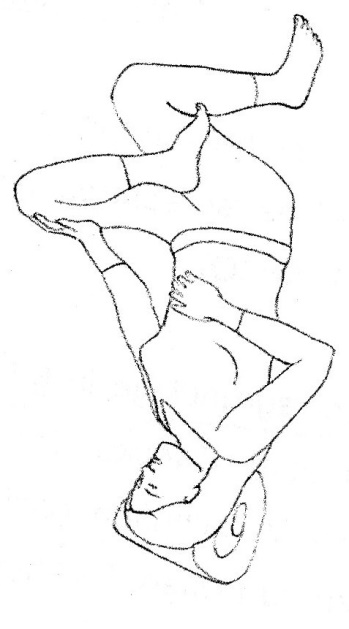
Schwimmende Beine



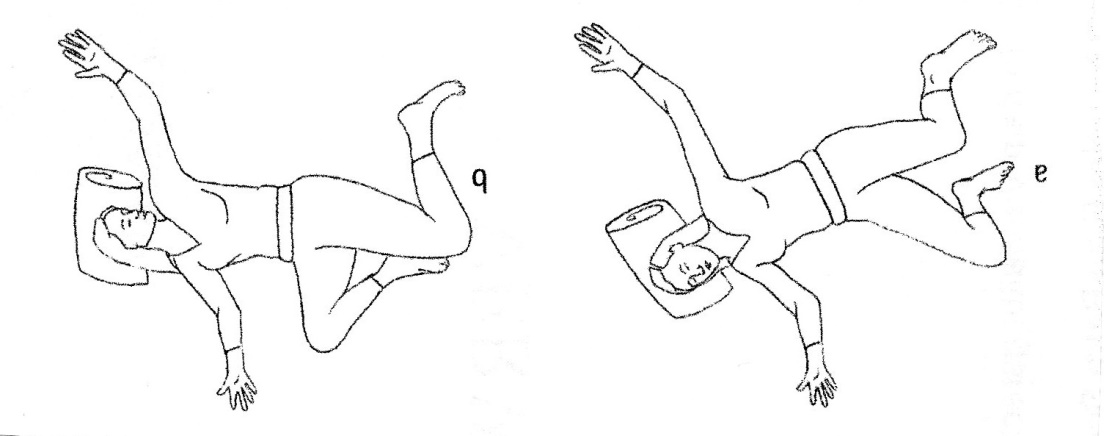
Beinstreckung in Rückenlage



Hüftöffner (Nadelöhr)



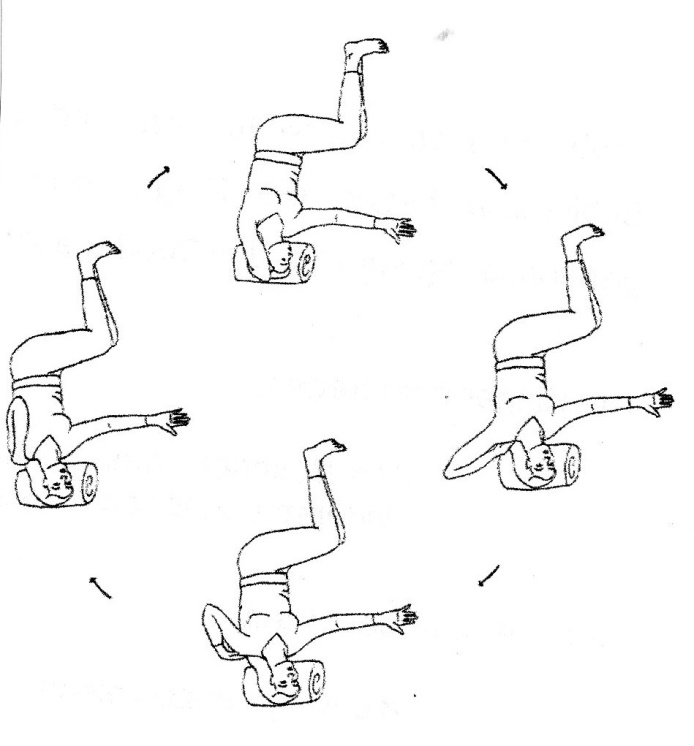
Krokodil variante /Scheibenwischer



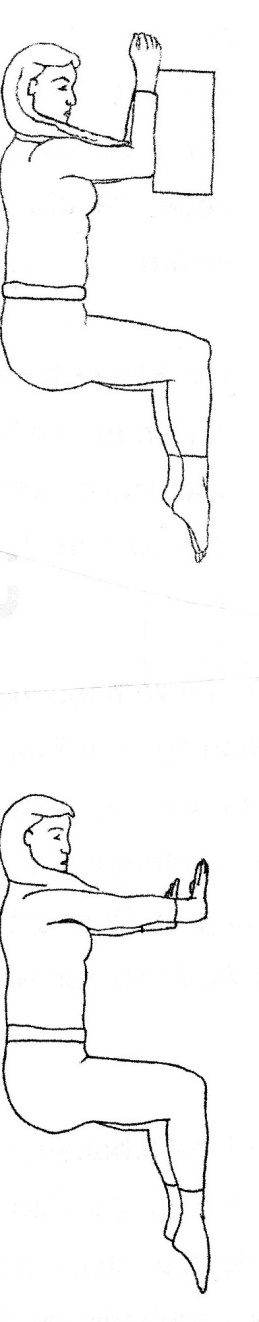
Schulterwiege

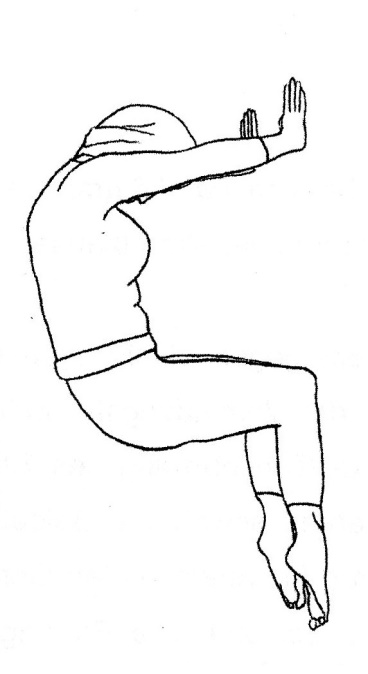


Schulter-/Armkreisen

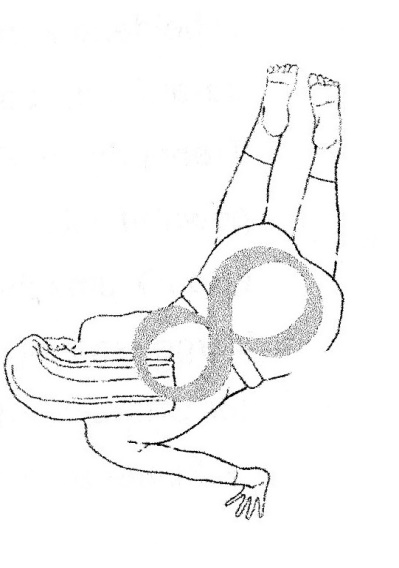


Katze/Kuh

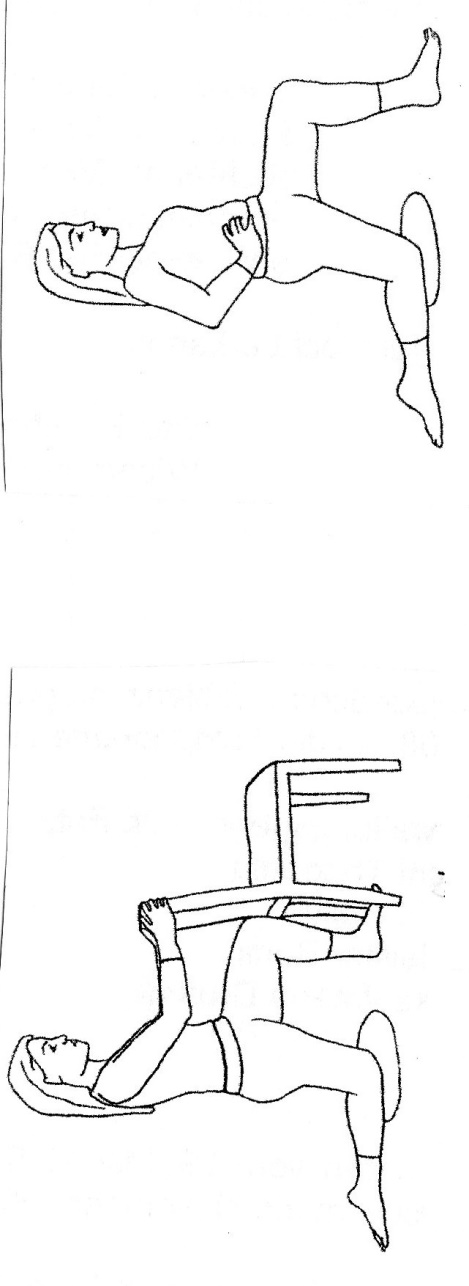




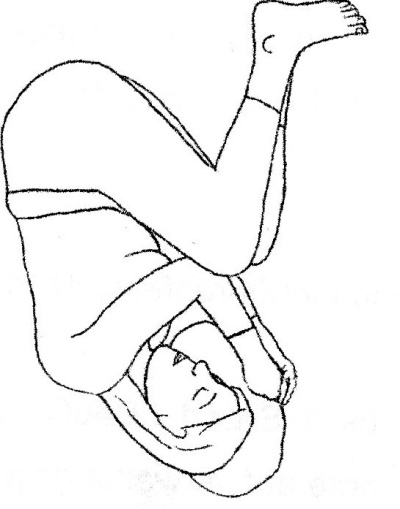
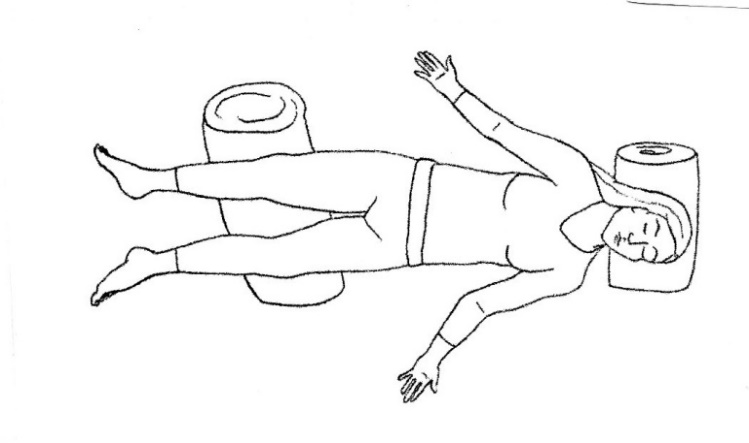
Liegende Acht



Ausfallschritt

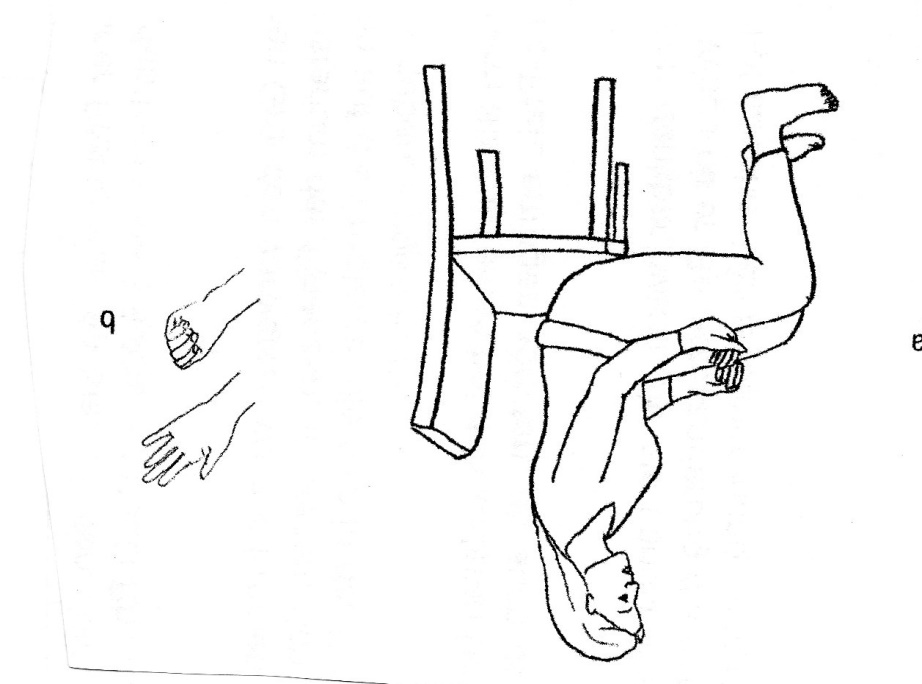


Entspannung

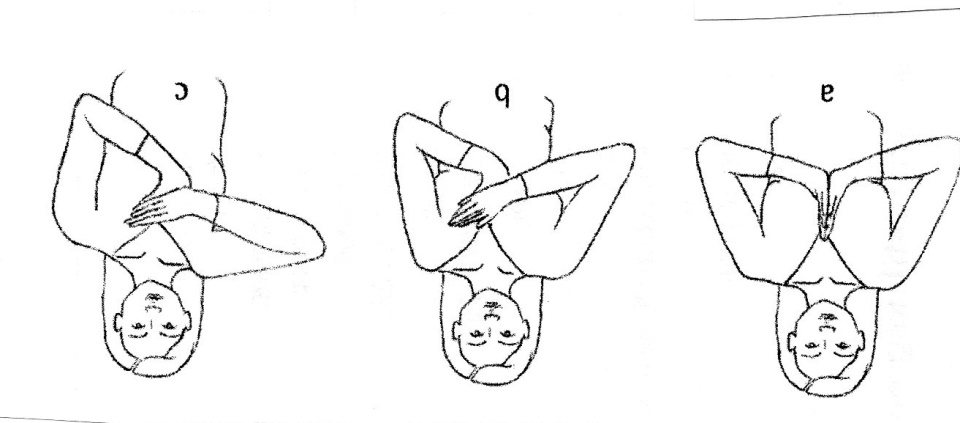
  

**Übungen im Sitzen**

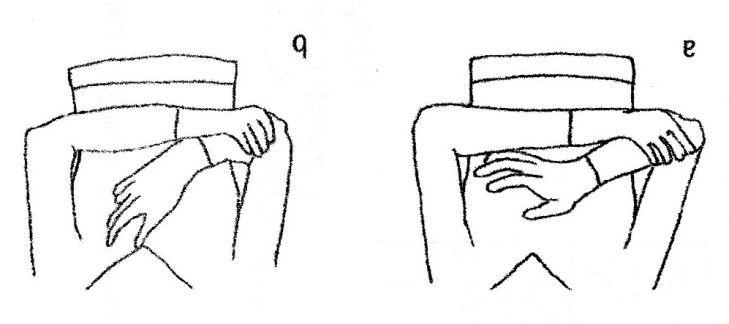
Hände öffnen



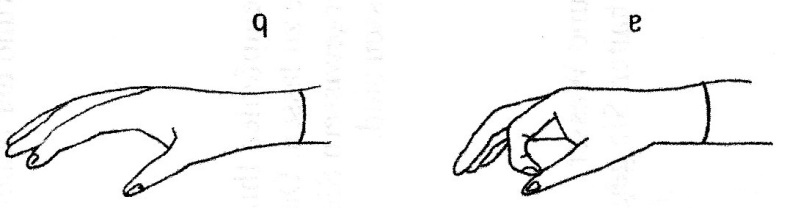
Gefaltete Hände



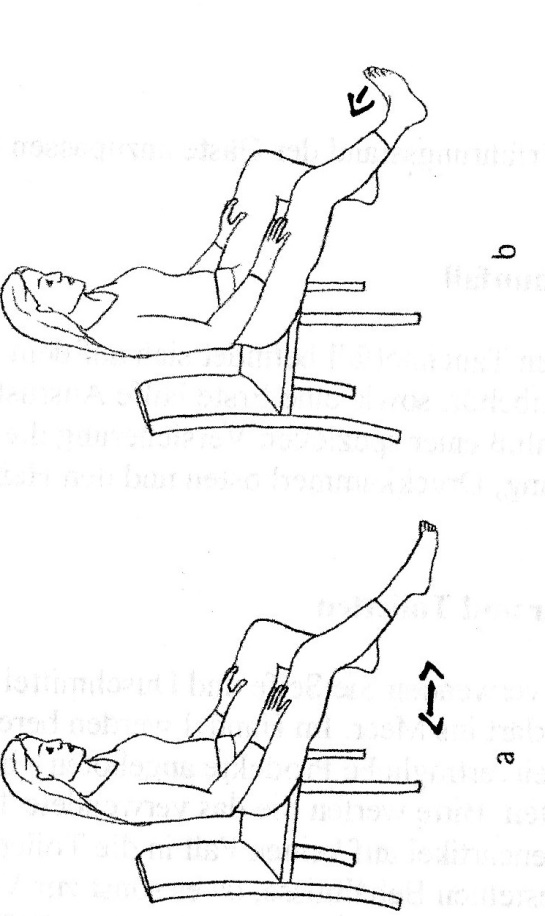
Handgelenke kreisen



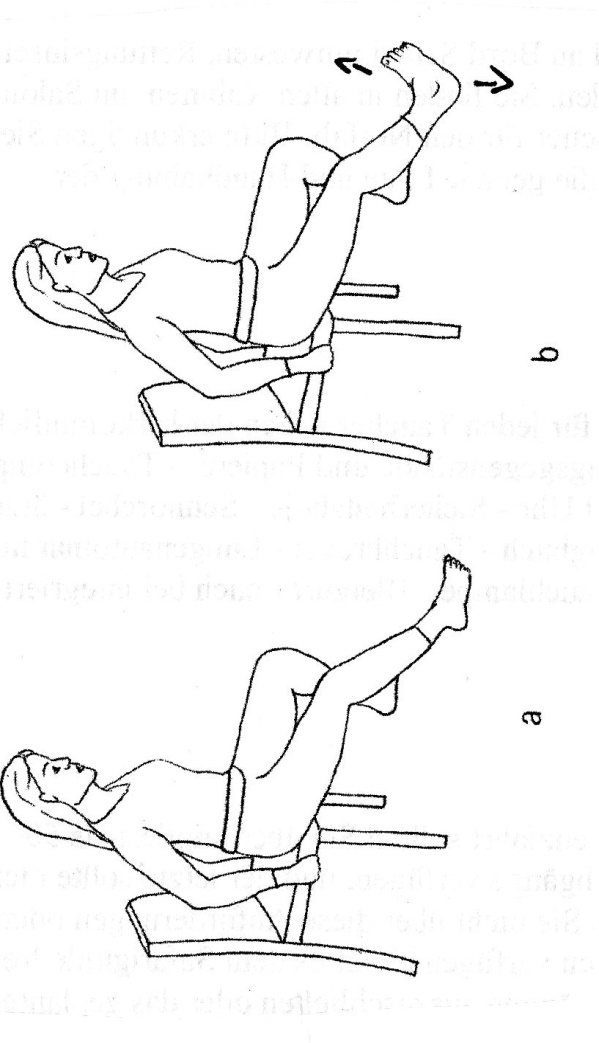
Finge schnippen



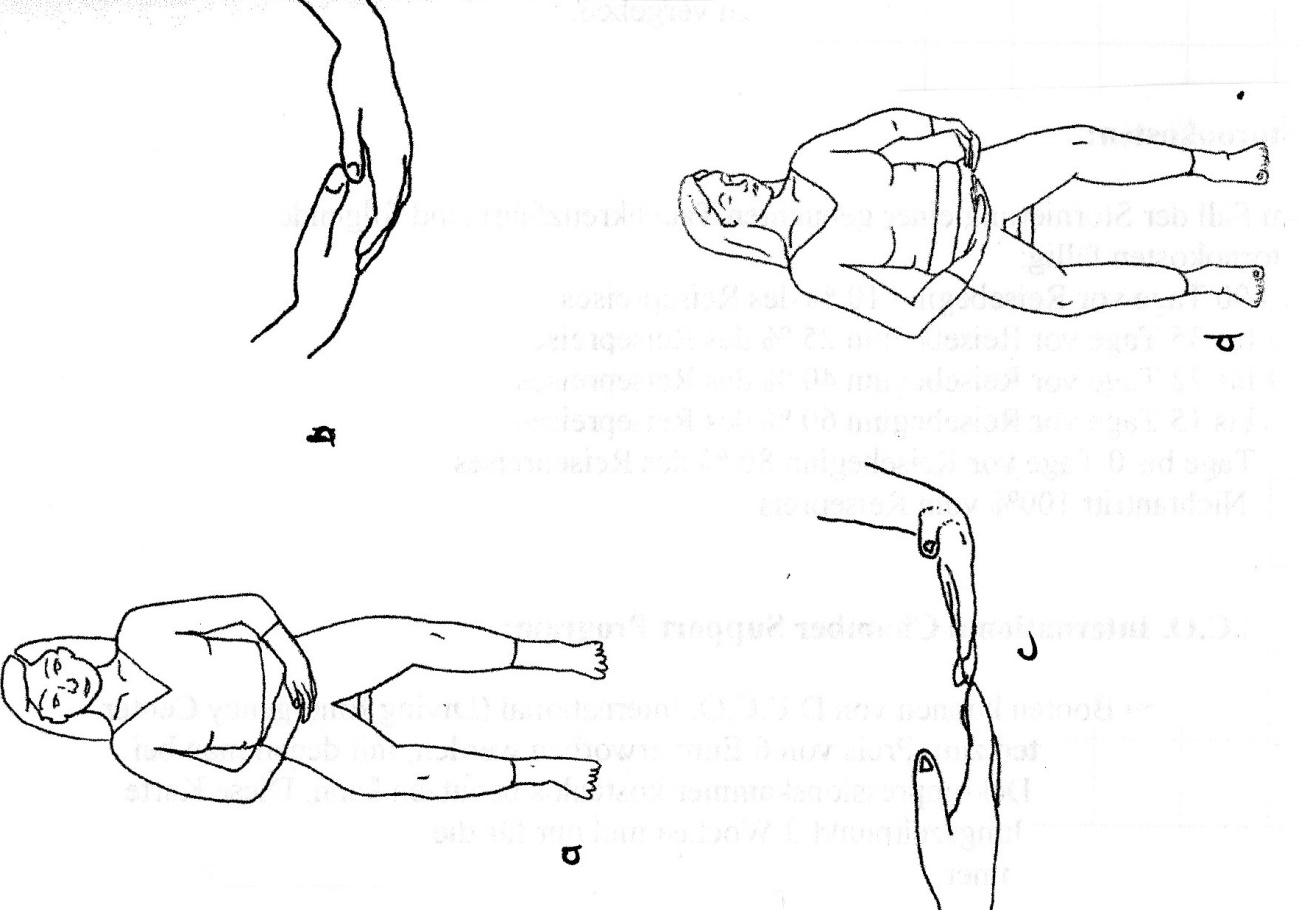
Gleitender Fuß



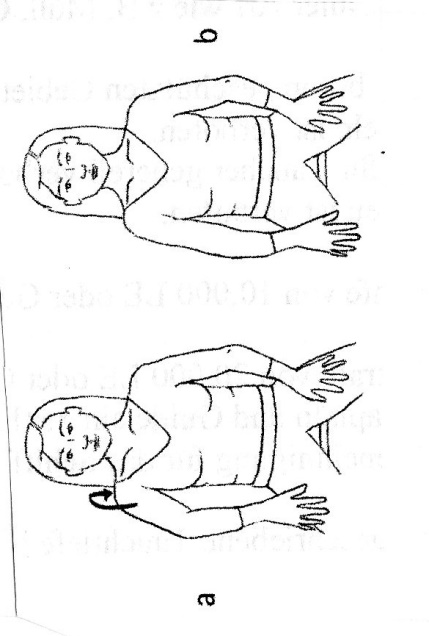
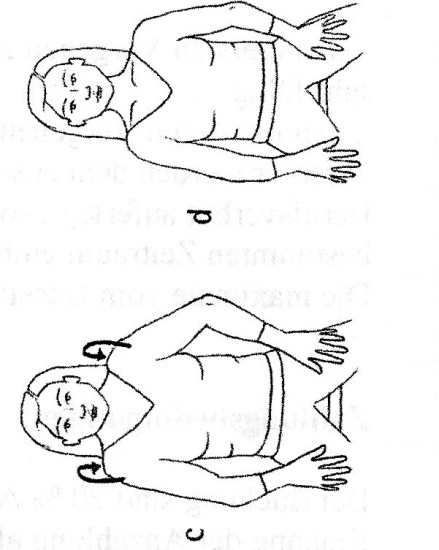
Fußwiege



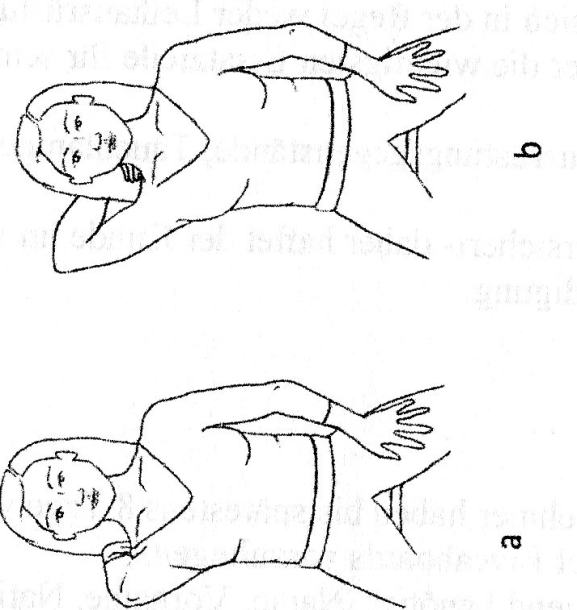
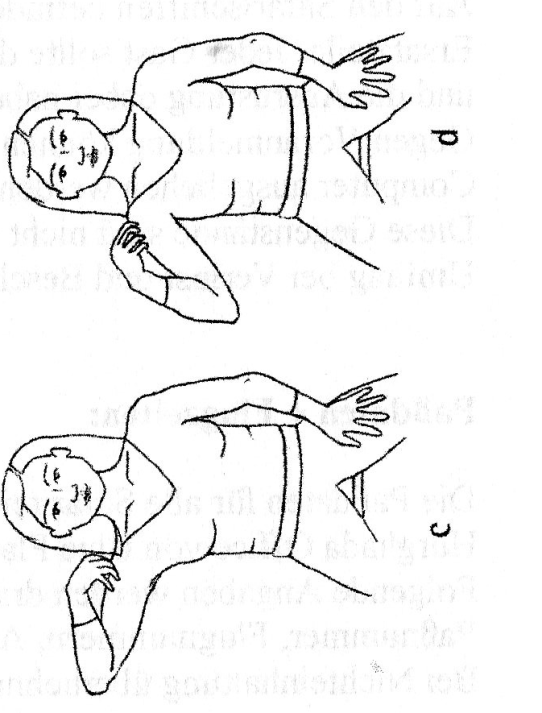
Sanfte Drehung



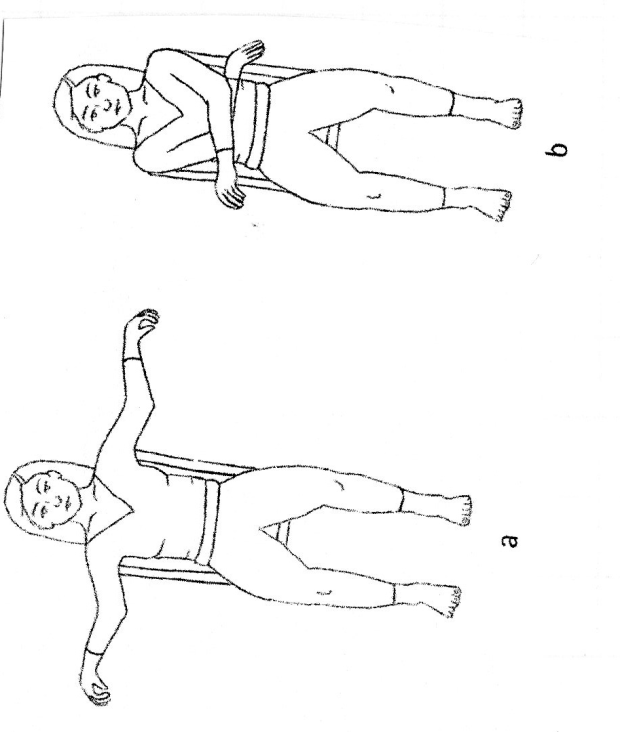
Schulter rollen

Schulterkreisen

Umarmen



Pullover Ausziehen

