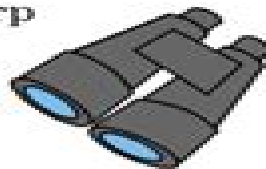


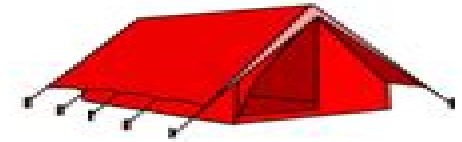
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- ☐ Pinecone
- ☐ A bird's nest
- ☐ Flashlight
- ☐ Water bottle
- ☐ Matches
- ☐ Something square
- ☐ Something round
- ☐ A stick
- ☐ A pole
- ☐ Something Hot
- ☐ Something Cold
- ☐ Something Sharp
- ☐ Binoculars
- ☐ Animal Tracks
- ☐ Animal Poop



- ☐ A bug
- ☐ An Acorn
- ☐ A red tent
- ☐ Bug spray
- ☐ Canoe
- ☐ First Aid kit
- ☐ Mosquito
- ☐ Mushroom
- ☐ Moon
- ☐ Backpack
- ☐ Rope
- ☐ Map
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- ☐ Compass
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web die grundstufe des autogenen trainings wird zur entspannung eingesetzt die sechs Übungseinheiten dieser stufe führen zu einem schwere und wärmegefühl in armen und beinen der beruhigung von pulsschlag und atmung zu einem wärmegefühl im solarplexus sonnengeflecht und einer angenehmen kühle der stirn

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web in diesem kurs erlernen sie die grundstufe des autogenen trainings der kurs richtet sich an alle menschen die sich nach entspannung sehnen und stress besser wegstecken möchten sie lernen wie sie die kraft der gedanken nutzen um ihren körper auf wohlgefühl und entspannung einzustellen