

AUTOGENIC TRAINING

4 limbs → 2 rhythms → 2 chakras (centres of body-feeling)

EXERCISES 1-6

BODYSCAN



4 limbs

My arms & legs are heavy x3

My arms & legs are warm x3



2 rhythms

Being breathed deep & slow x3-6

Heartbeat calm & steady x3-6



2 chakras

Solar plexus warm x3-6

Forehead cool clear & light x3-6



CLOSE