

AUTOGENIC TRAINING

EXERCISE TWO

Warmth in Arms & Legs

BODYSCAN



My arms & legs are heavy

x3



My right arm is warm

x3

My left arm is warm

x3

Both arms are warm

x3

My right leg is warm

x3

My left leg is warm

x3

Both legs are warm

x3

My arms & legs are warm

x3



CLOSE