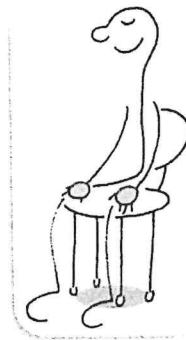


PMR – Edmund Jakobsen-

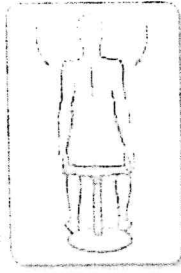


Anspannung

Entspannung



Anspannung



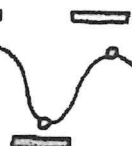
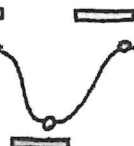
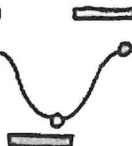
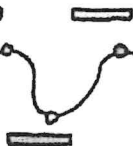
Entspannung

HERZFREQUENZ ↑



EIN
ATMEN

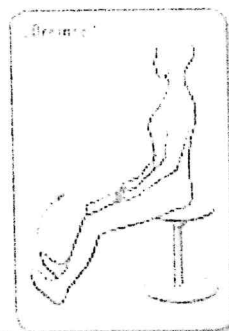
AUS
ATMEN



Ausatmen = Loslassen

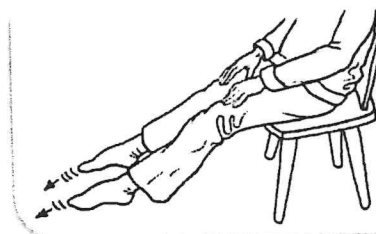
Ausatmen = Entspannen

ZEIT →



Anspannung

Entspannung



Anspannung

Entspannung