

MANUALES DEL BIENESTAR

Dr. Y. Davrou y J.C. Macquet

GUIA PRACTICA DE LA SOFROLOGIA

**50 ejercicios
que Vd. mismo puede hacer**

La relajación sofrológica puede hacerse en cualquier parte, en la calle y en casa, de pie o sentado, con la particularidad de que diez minutos de relajación equivalen a

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