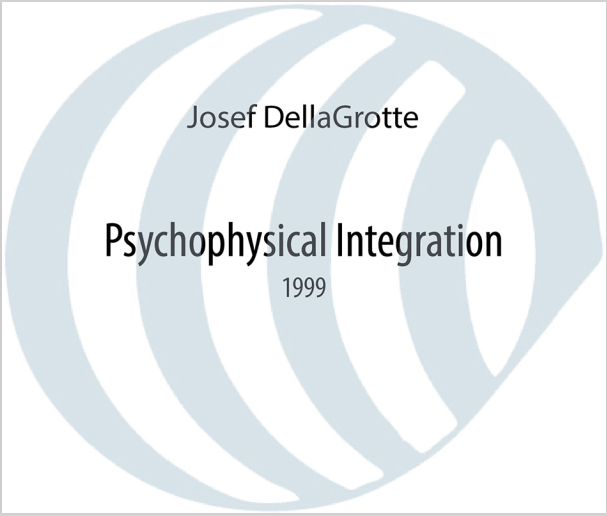




Josef DellaGrotte

Psychophysical Integration

1999

Josef Dellagrotte

Psychophysical integration 1999

CONTENT

- 01 Breathing with movement
- 02 Connecting your breath to feeling states
- 03 Somatic processes of negative and positive emotions
- 04 Integration through intention

Guided by Josef DellaGrotte PhD Feldenkrais trainer, psychotherapist
Somatic Training Associates

Copyright 1999

Archived Resource - 1 x audio cassette tape