

Tension - Relaxation

TENSION due to



Intensive concentration	• Body under tension • Mind under stress
Stress	• Heart rate increased • Muscle tension
for a long duration	• Physical stress • Psychological stress • Harmful to health

RELAXATION due to

Meditation Yoga Breath SOUND PMR AT Qigong

Peace

Wellbeing

Quality of life

Mental
clarity

Self-healing power

Regeneration

Healthy sleep

*If you don't take time to relax,
you will have to make time for illness.*

unknown



One Minute Wonder - 14

www.fachverband-klang.de/en



International
Association of
Sound Massage Therapy

SOURCE:

Peter Hess® Institute: **Script for the seminar 'Sound Massage I - Strengthening your own centre'**, 2019.

Note:

The OMW are a joint project of the group 'Klang ohne Grenzen' (KOG) and the International Association of Sound Massage Therapy.

This OMW was created in collaboration with KOG and Angelika Rieckmann.

We are part of the OMW network (in German):

<https://omw.hdz-nrw.de/omw-netzwerk.html>

