ID	2511
Curricular Unit	to be updated
Regent	Maria Luísa da Silva Galvez Roubaud
Learning Outcomes	to be updated
Syllabus	to be updated
Evaluation	to be updated
Bibliography	BRIEGHEL-MULLER, G. (1972). Eutonie et relaxation. Détente corporelle et mentale. Neuchâtel: Delachaux et Niestlé. THE SHIVANANDA YOGA CENTER (1983). The book of yoga. London: Ebury press. KUSHI, M. (1979). The book of Do-In. Tokyo: Japan publications. FELDENKRAIS, M. (1982). La conscience du corps. Verviers: Marabout. MINTON, S. (1989). Body & self. Partners in movement. Champaign: Human Kinetics. BOSKI, S. (1993). A relaxação activa na escola e em casa. Lisboa: Instituto Piaget