

<b>ID</b>	3323
<b>Curricular Unit</b>	TO BE UPDATED
<b>Regent</b>	Rui Martins
<b>Learning Outcomes</b>	TO BE UPDATED
<b>Syllabus</b>	TO BE UPDATED
<b>Evaluation</b>	TO BE UPDATED
<b>Bibliography</b>	<p>Feldenkrais, M. (1971). La conscience du corps. France: Editions Laffont.</p> <p>Feldenkrais, M. (1990). Awerness Through Movement. New york: Harper Collins</p> <p>Ergas, F. (2001). Viver sem stress com o método sofrológico. Mem Martins: Publicações Europa-América.</p> <p>Chéné, P. (1998). Sophrologie, fondements et méthodologie. Paris: Ellébore Éditions.</p> <p>Bartnieff, I. (1983). Body movement. Coping with the environment. New York: Gordon &amp; Breach Science Pub.</p> <p>Martenot, M., &amp; Saito, C. (1998). La relaxation active. Les corps, expression de l'être. Paris: Le Courie du Livre.</p> <p>Boski, S. (1990). A relaxação activa na escola e em casa. Torres Vedras: Horizontes Pedagógicos.</p> <p>Wintrebert, H. (2003). La relaxation de l'enfant. Paris: L'Harmattan.</p> <p>Choque, J. (1994). Concentration et relaxation pour les enfants. Paris: Michel Albim.</p> <p>Bruston, R. (1981). Petit Manuel de reeducation psychosensorielle en Psychotherapie. Alençon: ÉPI Desclée De Brouwer.</p>