

ID	3323
Curricular Unit	TO BE UPDATED
Regent	Rui Martins
Learning Outcomes	TO BE UPDATED
Syllabus	TO BE UPDATED
Evaluation	TO BE UPDATED
Bibliography	<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 & Breach Science Pub.</p> <p>Martenot, M., & 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>