ID	3729
Curricular Unit	TO BE UPDATED
Regent	Rui Martins
Learning Outcomes	TO BE UPDATED
Syllabus	TO BE UPDATED
Evaluation	TO BE UPDATED
Bibliography	Feldenkrais, M. (1971). La conscience du corps. France: Editions Laffont. Feldenkrais, M. (1990). Awerness Through Movement. New york: Harper Collins Ergas, F. (2001). Viver sem stress com o método sofrológico. Mem Martins: Publicações Europa-América. Chéné, P. (1998). Sophrologie, fondements et méthodologie. Paris: Ellébore Éditions. Bartnieff, I. (1983). Body movement. Coping with the environment. New York: Gordon & Breach Science Pub. Martenot, M., & Saito, C. (1998). La relaxation active. Les corps, expréssion de l'étre. Paris: Le Courie du Livre. Boski, S. (1990). A relaxação activa na escola e em casa. Torres Vedras: Horizontes Pedagógicos. Wintrebert, H. (2003). La relaxation de l´'enfant. Paris: L'Harmattan. Choque, J. (1994). Concentration et relaxation pour les enfants. Paris: Michel Albim. Bruston, R. (1981). Petit Manuel de reeducation psychosensorielle en Psychotherapie. Alençon: ÉPI Desclée De Brouwer.