



## **Breathing and relaxation exercises**

Simple exercises carefully selected and divided into 4 groups: breathing, awareness, strength and visualization.

With practice recommendations for common complaints.

Easy access for all, designed to download on a smartphone or a computer.

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seekers and  
refugees**

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**For practitioners,  
assistants and  
volunteers**

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**12 exercises**

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**In 16 languages**

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**Texts and audio**

**CONTACT**

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