



Training autogeno (Italian Edition)

Chiara Corvini

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Chiara Corvini è una psicologa libera professionista, iscritta all'albo E.C.A.A.T. degli operatori di Training Autogeno di 1° livello. Dal 2007 conduce corsi di T.A. con l'obiettivo principale di promuovere la crescita e il benessere delle persone, consapevole che l'ascolto del corpo e dei messaggi che costantemente ci invia è fondamentale per il raggiungimento di uno stato di appagamento e di autentica realizzazione. Il suo personale percorso terapeutico ad orientamento bioenergetico ha influenzato le sue scelte formative portandola a diventare conduttrice di Esercizi Bioenergetici di A.Lowen e ad inserirli nella sua pratica di insegnamento del Training Autogeno.

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