



High time to arrive at yourself

Research Project: Stress Management - ABSR Online Courses

Eight weeks to escape the hectic life of our time. Get to know short effective exercises and incorporate them into your life.

Holistic approach: Everyday exercises, contemplation, movement.

Process-oriented: Exchange in the group, facilitated meetings.

Effort: Nine online meetings of 1:15h duration 1x a week
15 minutes daily practice plus 5 minutes reflection

Leaders: Dr med Harald Haas and Theodor Hundhammer

Execution: Certified ABSR course leaders and practitioners

Research: Institute for Complementary and Integrative Medicine
of the University of Bern

Participation: People in need of stress reduction and personal strengthening and people with a high stress level at work.

Start: Depending on your course around 30 September 2023

Cost: Between 80 and 225 Euros, depending on
the situation. Sponsored seats available.

Information and registration:

www.absr.international