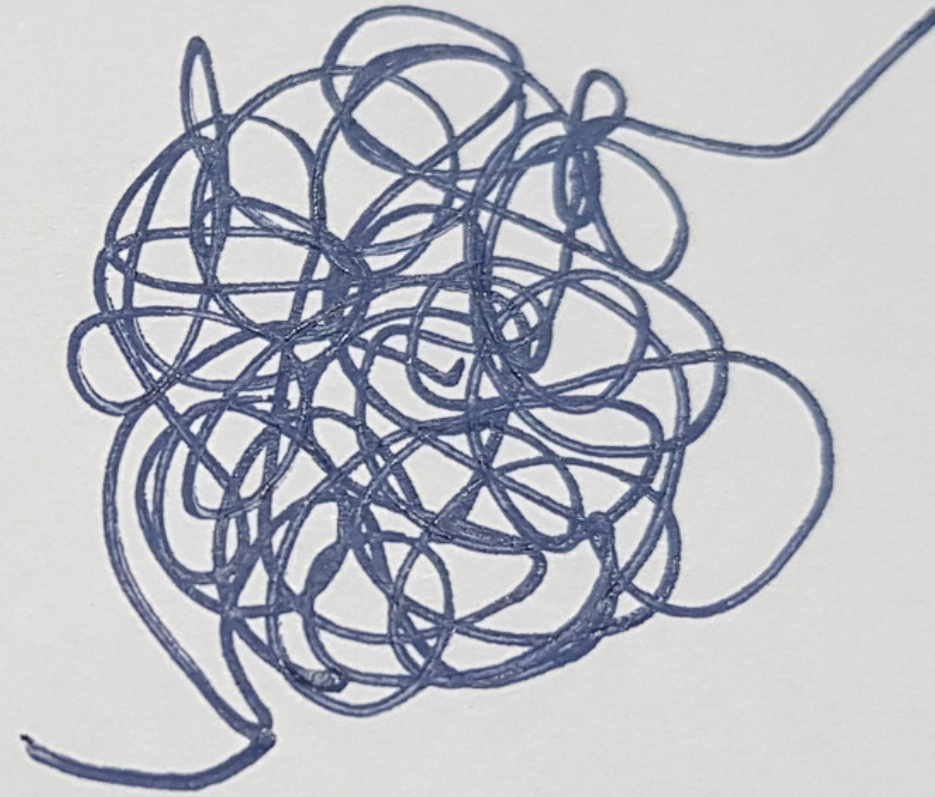




VS



MINDFUL

MIND FULL

# PSYCHOHYGIENA

## nezbytnost nebo přepych?

Petra Havlíková





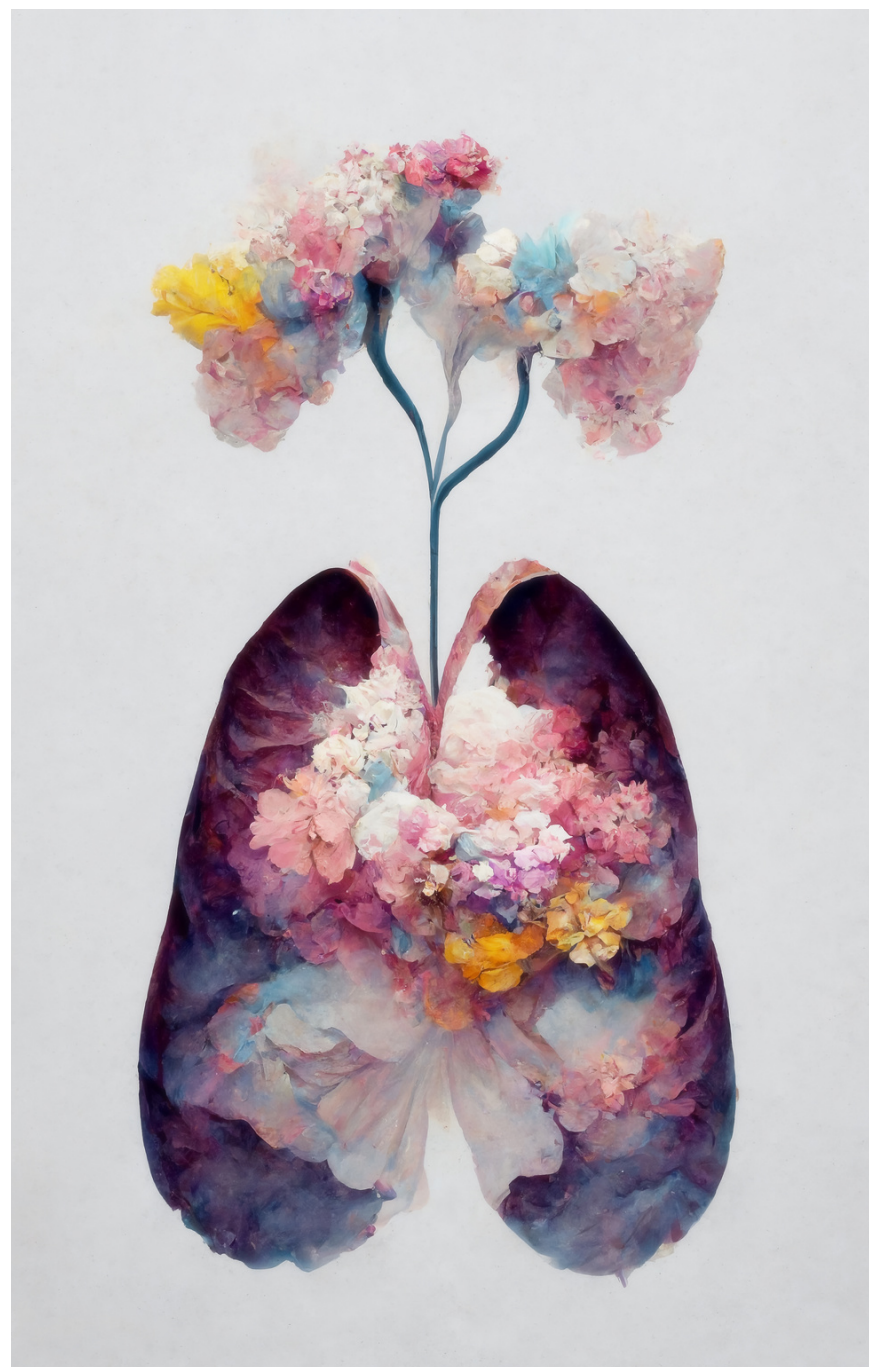
**PSYCHOHYGIENA JE  
CYKLUS A PROCES !!!**



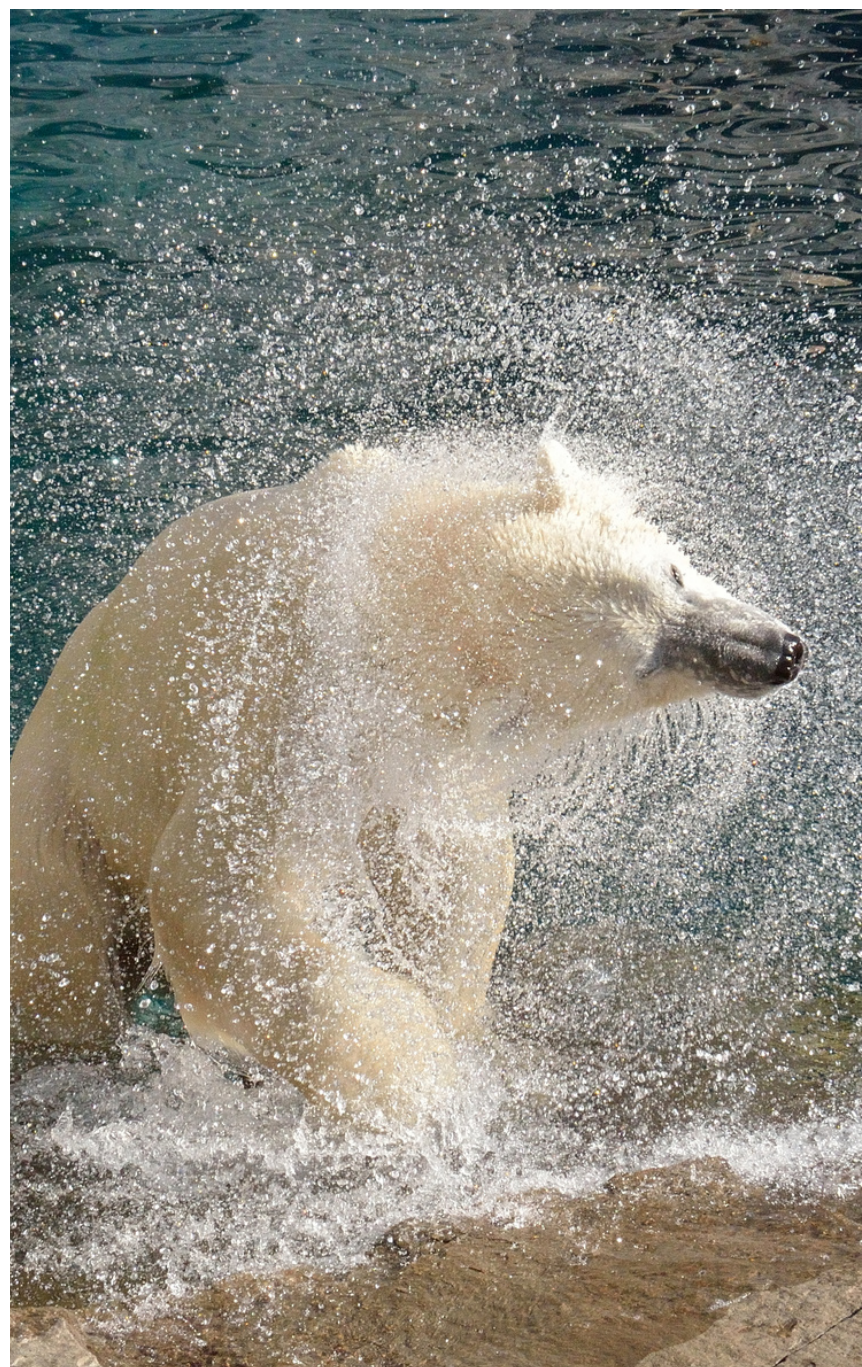


**POTŘEBA ROVNOVÁHY**





**PROHLOUBENÍ  
DECHU**



**TŘEPÁNÍ A  
BOXOVACÍ PYTEL**

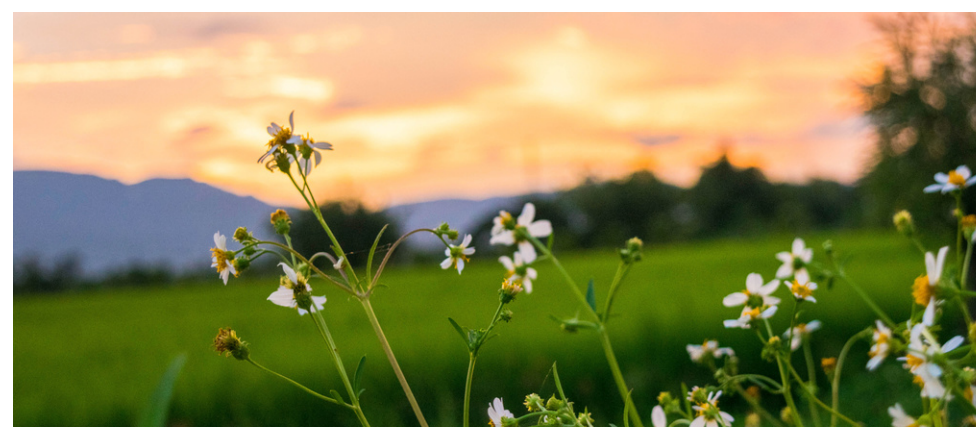


**DRŽENÍ TĚLA A POSTOJ  
TVŮRCE/ OBĚTI**





**METODA  
UZEMNĚNÍ A  
ZAKOŘENĚNÍ**



**POHYB/ PŘÍRODA/  
MEDITACE**



**VŠÍMAVOST**





Father the well not be home of  
and the board of health  
to married for another. It on the  
I have to postpone the wedding  
weeks. But you ought to be choos-  
ing on so well for she was never  
in the Valley there is fire  
spital from here now. Your  
Hinchcliffe of yesterday but the

**“MYŠLENÍ”  
NA PAPIŘE**

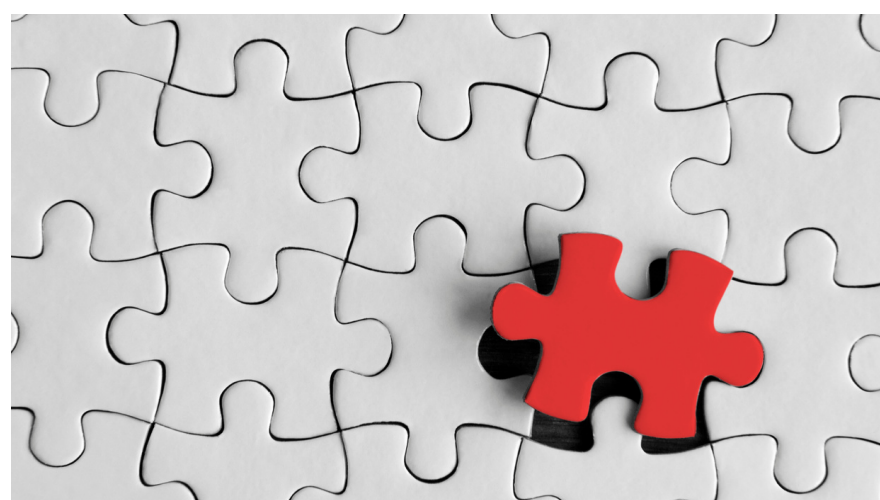


**VNITŘNÍ DIALOG**



**PŘÍJEMNÉ  
VZPOMÍNKY**



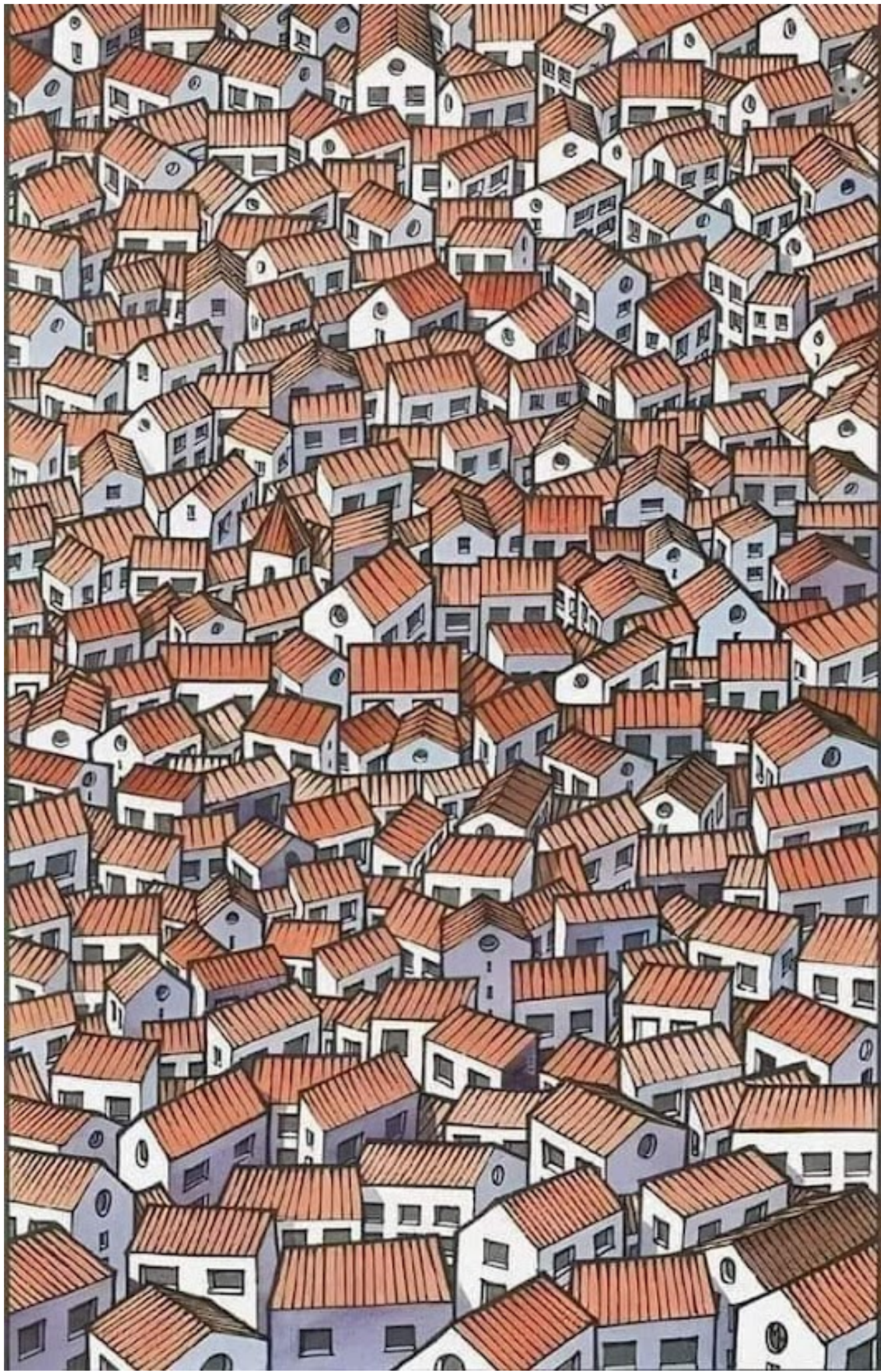


**KDO SI HRAJE , NESTÁRNE !**

















TAKE  
THE  
FIRST STEP

