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nicht weil sie nie bewusst darauf achten tiefes ein und ausatmen in den bauch hinein und ganz bewusst wirkt beruhigend und  
holt uns ganz in den moment starte jeden tag im advent mit ein paar bewussten atemzügen

[achtsam durch die weihnachtszeit overdrive](#) - May 01 2022

web oct 10 2020 die positive nachricht ist mit achtsamkeit lernen sie schöne weihnachtsmomente intensiver zu erleben und  
mit gelassenheit stressige situationen zu meistern unsere leckeren plätzchenklassiker wie kokosmakronen oder vanillekipferl  
sorgen für beschauliche gemütlichkeit innovative bastelideen schenken ihnen zeit für

[achtsam essen 7 tipps für die weihnachtszeit aok](#) - Nov 07 2022

web warum sich achtsames essen an weihnachten lohnt lebkuchen christstollen und gebrannte mandeln sind für viele  
menschen untrennbar mit der weihnachtszeit verbunden kein wunder denn gewürze wie zimt nelken oder kardamom rufen  
angenehme erinnerungen an die kindheit hervor